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Dr. Shiva Harikrishnan MBBS, DGO, MD (Obs./Gyn.) MRCOG (UK) MRCP (Ireland) Consultant Obstetrician and Laparoscopic Gynaecologist & Head of Obs. & Gyn.

Dr. Elizabeth Mathew MBBS, DCH (RCPS Glasgow), MRCOG, IBCLC, FRCOG Specialist Obstetrician & Gynaecologist

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editor's letter

IN EACH ISSUE OF AOUARIUS, THERE'S ALWAYS ONE STANDOUT INSIGHT THAT HITS ME LIKE A SLAP IN THE FACE AND MAKES ME WISEN UP TO SOMETHING I HADN'T REALISED ABOUT MYSELF BEFORE. THIS TIME IT WAS ABOUT HOW I LIKE MY PIZZA.

Charlene Naidoo's feature on female identity – how deeply it is anchored in socio-typical gender roles (such as marriage) and the way this causes many women to forget their own needs/likes/dreams in a bid to cling on to their man - really hit a chord. I love pineapple on pizza and, hand in the air, in the past I have forgone said pineapple because the man in my life at that time didn't like it. How ridiculous not to have my pizza the way I like it for years at a time.

And how many of us have sat through hours of feigning interest in football/rugby/motorsports and then, as soon as the relationship ends, not given it a second thought (until the next sport-mad man comes along)? I have done it. And I know a lot of other women who have, too.

There is nothing wrong with it – it's great to take an interest in each others' passions. The issue is when you are so busy taking an interest in your partner's hobbies that you stop taking any interest in your own. How many of us give up the food, activities and even people we love because we think sharing our partner's preferences will bind us closer together? And is that the case anyway?

Either way, sometimes all you need is the sudden smack of self-recognition to change a behaviour, or a pattern. And I know for certain that this one will stay with me for life. No more pineapple-free pizza. Life is too short. And I like it way too much.

Have a lovely August...



1. I'll be slapping on the SPF to hit the beach. Check out the new range of suncreams from Nuxe made with natural ingredients from flowers and plants, starting at Dh109.

2. I'm loving the Polynesianinspired range of body lotions from Bath and Body Works. Not only do they feel amazing on your skin, but they smell like a holiday in a bottle too. From Dh60 for body lotions and shower gels.

3. I'll be picking out my jungleinspired summer wardrobe for August - I love these cute flamingo sandals!



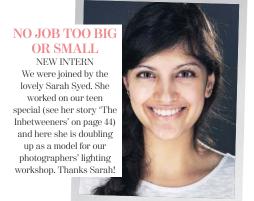




Take a sneak peek inside the world of Team Aquarius



AUSTRIAN TRAVEL AND TOURISM CONFERENCE Editor Louisa went to Austria and got a serious nature hit. Canoeing, hiking and breakfast at the top of a mountain!



DESERT OASIS BANYAN TREE AL WADI Deputy editor Tabi got to hold and feed eight-week-**DIY QUEEN** old desert eagle owls at the UPCYCLING FOR OUR gorgeous Banyan Tree Al HOME SPECIAL Wadi in Ras Al Khaimah, as Art editor Mel well as enjoy the amazing channelled her Thai spa, the lovely food, creativity into our home the private plunge pools and special this month. a spot of archery. creating Pinterestperfect decor from dodgy vases and some of her son's old toys!

See it on page 67.

CONTRIBUTORS

We asked: What was the worst thing about being a teenager?



Charlene Naidoo, who wrote The Disappearing Woman on page 28

"In hindsight: the drama! When I read some of my old teen journals, I cringe. I want to shake every teen I see now who acts so jaded and tell them: get over yourself! I wish someone had told me!"



Faris Al Jawad, who interviewed Dubai's coolest artists as part of our home and DIY special on page 70 "Not being able to run free."



Grace Paras, chief photographer "Feeling as if you need to

be like the other kids and being unsure of yourself because you don't fit into the status quo."



Annmarie Hawes, picture editor

"The fact that I looked so much younger than my peers and developed late. I was very short, which didn't help. My friends all appeared much older than me and were all going out to nightclubs -I never dared try to get in underage lest I be turned away, the shame would have been too much!'



Aiza Castillo-Domingo, who took the photos for our teen real life story on page 32 'Trying to be everybody else but yourself."

what you got up to this month

MUMMIES AND MORE

Readers joined us for some more fab events this month



We had a lovely get-together at the new Café Rouge in Souk Madinat Jumeirah last month. It was great to see so many new mums and their

> little ones there. and we had some fascinating chats about kids and screen time (see the results of this in Amarius Baby). There were also some pretty amazing pastries on offer - we can't wait to go back!

away from the UAE grass isn't always greener reached 42,000 of you and got 300 likes. See ii





MUMNY

MAKEOVER Three of our lucky

readers were professionally styled for their different body shapes in our trouser-trend special.



AOUARIUS

Editor Louisa Wilkins **Deputy Editor** Tabitha Barda **Art Editor** Melany Demetillo-Reyes

Fashion and Beauty Director Danielle Elmes-Hughes

Acting Fashion Director

Lindsay Judge

Fashion Assistant Amrita Divecha **Chief Photographer** Grace Paras Senior Photographer Stefan Lindeque Photographer Anas Thacharpadikkal

Junior Photographer

Aiza Castillo-Domingo

Senior Picture Editor Verina Durand Picture Editor Annmarie Hawes Picture Researcher Harriet Santos

Chief Sub-Editor

Victoria Etherington

Deputy Chief Sub-Editor Elizabeth Elphick

Sub-Editors

Faris Al Jawad, Sangeetha Sagar

Production Editor, GN Publishing

Keith Langford

Online Ma Felicidad De los Santos Financial Analyst Leroy Da Costa Office Secretary Ma Cecelia Jyrwa Editorial enquiries

Email aquarius@gulfnews.com

Tel 04 344 7100 Fax 04 342 1527

Head of Advertising Tripti Singh **Advertising Sales Manager**

Kunjal Shariffi

Account Managers

Noorain Jehan

Advertisement Control Gordon D'Souza, Jesse Esther,

Roxanne Gorimar

Advertising Enquiries

Email aquariusadsales@gulfnews.com **Dubai** Tel 04 406 7820 **Fax** 04 342 1527

Head of NPD & Business Development

Edward Marr

Circulation & Subscription Marketing

Manager Deborah Parmenter

Events and Promotions Manager

Mona Motamedi

Email circ@gulfnews.com Tel 04 344 7100 Fax 04 342 1527

Pre-press Superintendent

Sarder Bakiruddin

Pre-press Operators

Shirantha Mendis, Atul J Paradkar, Sohellur Rahman, Eliezer Semine

Editor-in-Chief Abdul Hamid Ahmad **Publishing Director** James Hewes **Associate Publisher** Katie Heskett **Design Director** Miguel Angel Gomez **Production Editor** Omar Ali

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A ZESTY WEEKEND

FRIDAY BRUNCH

Where Zest, One&Only, The Palm Dubai

The low-down Now that brunch is back on the agenda, why not try out the chic Friday affair at Zest? Silver leaf, crystal and mirrors give a twinkly, elegant atmosphere to the surroundings, while you can indulge in an extensive buffet and made-to-order

selection of Asian, Middle Eastern and Western lunch favourites, as well as international breakfast dishes.

Price From Dh325 per person including juices, Dh200 for children.

Details Every Friday from 11.30am to 4.30pm, call 04 440 1030 or email Restaurant.reservations@oneandonlythepalm.com NO



1 EPICUREN YOUTHFUL RENEWAL

Where Spa Cordon, DIFC

The low-down The Epicuren range – exclusive to Spa Cordon in Dubai – is loved by celebs like Anne Hathaway and contains an enzyme protein complex to encourage skin to self-rejuvenate, so it continues to improve post-facial. I loved the spa's blissful ambience and comfy beds, and felt like I was lying on a cloud as the therapist gave me a customised facial, which included a bamboo crystal exfoliation, a bio peptide serum and a silver ion mask. I left thoroughly relaxed and, five days later, my skin still looks noticeably brighter and more supple.

www.spacordon.com

2 REMÈDE CUSTOMISED

Where Remède Spa, St Regis, Abu Dhabi The low-down Call me a stickler for detail, but with spa treatments it's the little pampering touches that assure me I'm in for a treat. So when my feet were encased in paraffin wraps just before my facial at the stunning Remède spa, I immediately relaxed. After a consultation, my face was treated to a deep cleanse, exfoliation, mask, microbrasion, and facial massage, which extended to my shoulders. I was even given a blissful scalp massage with fragrant frangipani oil. Afterwards, my skin really did glow - so much so that I went out for dinner that evening without a scrap of make-up on. Price From Dh350 for 30 minutes www.stregisabudhabi.com

3 FACE-LIFT MASSAGE THERAPY

Where Rebecca Treston at Euromed Clinic The low-down Designed to target skin imperfections and fight ageing, this involves the therapist massaging your face with 'magic' gloves enabled with bio-electrical technology to activate facial muscles, increase collagen and lift and tighten skin. Euromed is a no-frills clinic that's more about results than pampering, yet the massage was relaxing. The only other sensation I felt was a slightly metallic taste in my mouth during the main treatment, which took 20 minutes and was followed by a lactic acid peel and cooling mask. Immediately my skin felt smoother and looked brighter, and the blemishes I'd had cleared up dramatically. A course of treatments is recommended for best results.

Price Dh400 for magic hands; Dh400 for the acid peel

• www.euromedclinicdubai.com

4 ELEMIS PRO COLLAGEN OUARTZ

Where Cleopatra Spa, Wafi Pyramids
The low-down This lifting facial, designed
to target the first signs of ageing,
promises to stimulate natural collagen
production, lift facial muscles and
reduce fine lines. Settled in the opulent
surroundings of Cleopatra Spa, it started
with a thorough cleanse with a collagenfilled balm, a steam and an extraction.
Next came a peeling collagen face mask,
a creamy collagen face mask and, finally,
a collagen-infused eye cream on a silk

pad to help banish those fines lines and dark circles. A relaxing 75 minutes later, I immediately noticed my skin felt a lot plumper and the fine lines around my eyes were reduced.

Price Dh575 for 75 minutes

• www.cleopatrasspaandwellness.com

5JIVA SIGNATURE

Where Jiva Spa, Taj Hotel, Business Bay The low-down Facials are great. But facials with body massages? They're simply the best. This one started with a full back massage. Then, using all-natural products based on ancient Indian traditions, my face was cleansed, exfoliated, massaged, and moisturised. A divine-smelling mask was then applied, after which there were more massages – foot and hand rubs this time. I left feeling totally zen and my skin looked radiant.

Price Dh600 for 90 minutes

• www.tajhotels.com/jivaspas 🗚



SUMMER HOLS FOR PLANTS

Dubai Garden Centre has a genius offer for plant owners heading off for their summer hols. Simply drop off up to three of your houseplants – with a maximum height of 1.25m – and they'll be taken care of while you're away. Problem solved! 04 340 0006



KIDS' CORNER



FUN FOR FUTURE FILMAKERS

If you think you might have the next Steven Spielberg or Sofia Coppola on your hands, send them along to Emaar Retail's Future Filmakers Summer Camp at Reel Cinemas. Culminating in a gala event on September 3 where films made by the children will be screened, kids from eight to 18 will learn the art of movie-making from script to screen. But hurry; the camp starts August 2, Dh1,500 per child, www.reelcinemas.ae.

GET WIRED!

Give kids a thrill at Wire World Adventure Park, new this year to Dubai Sports World. They'll navigate a circuit of 4m-high wooden platforms, crossing fun bridges and gliding on ziplines along the way.

Dh30 per person (one hour) for ages three to 12, and Dh35 per person for a five-minute session on the bungee trampoline, for ages four and up. www.dubaisportsworld.ae.

MINI MOVIES

Barbie in Rock 'N Royals sees Barbie starring as Princess Courtney, who ends up at Camp Pop instead of Camp Royalty. And in her place at Camp Royalty is Erika, a famous rock star.

to sort out the mix-up, the girls learn both camps are to be closed down; can they put aside their differences and work together to save them?

In UAE cinemas on August 20.

While the camp leaders try

Summer deals



GET FIT DFit at the Dusit Thani in the capital has a deal on until the end of August; buy 10 sessions of yoga, personal training or swimming lessons and get five of the same free. Or buy 20 and get 10 free. The session validity is eight weeks for the 10-session deal and 12 weeks for the 20. Package prices start from Dh550 for swimming lessons, Dh700 for yoga and Dh1,400 for personal training. 02 618 8190



PAMPER CAMP Spa Cordon at Sky Gardens, DIFC has put together the perfect package for mums staying in Dubai over the summer. While the little ones are at summer camp enjoy a Skin Quench hydrating facial and hydrating mineral mask along with a manicure and pedicure for just Dh295, valid Sunday to Thursday between 11am and 4pm. 04 421 4234



MINI BREAK Why not use the quieter months to treat yourself? Book a stay at Vida Downtown hotel with 10 per cent off the best available rate and 20 per cent off all EHG restaurants, and get freebies thrown in; two complimentary tickets for Ree Cinemas and either two passes to At The Top or a pair of VIP package passes to the Dubai Aquarium and Underwater Zoo. 04 423 8899

SEE IT hitting the cinemas this month





RETURN TO SENDER **** August 20

Starring Bond girl Rosamund Pike, as well as Nick Nolte and Shiloh Fernandez, this creepy thriller follows a small-town nurse in the aftermath of a brutal attack on her and its effects on her once idyllic life. Her letters to the assailant come back unopened, so she decides to visit him in jail. Her father worries about her intentions; is she putting herself at risk once again, or does she have other plans?

THE RUNNER **** August 20

Nicolas Cage and Connie Nielsen star in this contemporary political drama. Tense yet touchingly human, The Runner tells the story of an idealistic but flawed politician (Cage) forced to confront the dysfunctionality of his life when his career is ruined by a sex scandal.

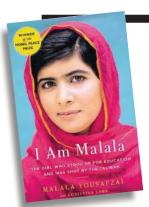


ACCALIA HIPWOOD, HOST OF RADIO 2'S AFTERNOONS WITH ACCALIA, GIVES US HER ALBUM PICK FOR THE MONTH

THIS MONTH, I'LL BE LISTENING TO STICKY FINGERS DELUXE EDITION BY THE ROLLING STONES

"I'm feeling slightly guilty about my choice of album this month. Surely I should be reviewing a new, fresh young band's offering, rather than a remastered release from a bunch of 70-year-olds who've been around the block? But my affection for the world's greatest rock 'n' roll band is just too great to ignore. I walked down the aisle to Wild Horses. My mother danced in the kitchen to I Can't Get No Satisfaction. The remastered deluxe version of their 1971 masterpiece Sticky Fingers is pure class, and features rare bonus material. This reissue is a reminder that this was possibly one of the greatest albums of the 1970s."





I AM MALALA MALALA YOUSAFZAI WITH **CHRISTINA LAMB**

You'd have to have had your head in the sand not to have heard of the 2012 Taliban attack on a young girl, shot in the head and neck for defending girls' rights to education in rural Pakistan. Left for dead, she refused to be beaten; a long road to recovery saw her airlifted abroad for life-saving treatment, warmly

accepted as a global symbol of peaceful protest and made the youngest-ever recipient of the Nobel Peace Prize at just 16. Her inspirational story is a current bestseller on The New York Times list and it's easy to see why.

do it



MY DUBAIKIM CROWLEY

THE DUBAI-BASED PERSONAL SHOPPER AND FOUNDER OF WEBSITE STYLESENSE GIVES US SOME TIPS ON WHERE TO FIND FASHION GEMS

It's all about accessories...

I wear a lot of fun costume jewellery to add personality to my outfits and I find it at Iconic and Suite Blanco. They're great for reasonably priced pieces I might wear for only one or two seasons, with a large contemporary range; this summer I'm shopping for must-have statement earrings.

My favourite place to browse is S*uce in The Dubai Mall

I love the quirky combination of all things fashion, which means it never disappoints. It stocks brands such as MSGM, Carvan and Alice McCall and its accessory collection is to die for. They have opened numerous new outlets such as S*ucette in Galleria Mall for kids (where I take my daughter just to go and hang out!), and now that it has its own S*uce denim range, the brand just got even more exciting.

Fida in Satwa is my go-to store when I'm in a creative mood

I often make or customise my own clothes, so I'm a regular at haberdashery store Fida General Trading in Satwa. It stocks everything you could possibly need; it's like an Aladdin's cave of fabrics and embellishments, and even wigs and masquerade masks, and the

staff are really helpful. Just remember that it closes over lunchtime (I often forget and am left sipping coffee on the steps outside until 4pm rolls around).

My favourite fail-safe all-round high street store is Zara

You just can't beat it. Hands down, it's the best for fast fashion, for taking risks with its designs and for affordable prices. I always find something in there for both my own wardrobe and my clients', and its kidswear range is fantastic too. I sometimes buy tops and jackets from the menswear range for myself, as the style and cut is quite feminine and it also means I don't have to worry about bumping into other women wearing the same outfit!

I love SoChic for offering an affordable way to shop designer

SoChic is a pop-up store selling preloved fashion and accessories. Pieces can be snagged for a fraction of the original price and items like designer leather bags only get better with age; there are bargains all round. I follow SoChic on Facebook to find out where it'll be setting up shop next.

Contact Kim on 052 809 4510 or at www.stylesense.net.au. AQ



ALL A FLUTTER China Grill's new Madame Butterfly ladies night on Tuesdays has to be one of the best-value soirées in town. Free drinks and 50 per cent off food until midnight and then half-price house drinks? Don't mind if we do! And a secret popup fashion and accessories boutique to boot. The Westin, 04 511 7333



EVERYTHING'S ROSY If you're a fan of a glass of pink, check out the new 60 Shades of Rose ladies night at the chic, contemporary Cove Beach, Jumeirah Beach Hotel. Every Tuesday between 8pm and 11pm, Dh100 will get you pink bubbles, pink cocktails or a selection of quality rose grapes, as well as delicious canapés and one of the best views of the Burj Al Arab in town. 800 2683



MAKE AN IMPRESSION Kick back and relax with the girls; Wednesday night is ladies night at Impressions, Anantara Eastern Mangroves. You will be in for unlimited red and white grapes, Italian sparkling and Impressions' signature cocktails, as well as an upmarket and sophisticated – but still friendly – atmosphere, with stunning views of the lush mangroves and city skyline.

02 656 1000

EYELASH BOOST What: Novalash eyelash extensions Where: N.Bar, 800 6227 How much: Dh600, plus Dh250 refills after 2 weeks I don't usually go in for high-maintenance-style beauty, but I'd always been tempted to see how my naturally short lashes would look with a bit of a boost, so I decided to give this a try. The procedure lasted about an hour and I had to keep my eyes closed throughout – a rare opportunity for me to zen out. To my surprise when I was handed the mirror I loved my new lashes – they really looked as natural as could be, totally wearable for a normal day (although you can ask for a more dramatic look, if you prefer). They do need a bit of maintenance to last a month; you have to go back after two weeks to refill the lashes to keep them in top shape. But I enjoyed 30 days of being able to say #iwokeuplikethis and it definitely saved me 10 minutes of mascara time in the mornings.



HAIR BOTOX

What: Olaplex treatment **Where:** Ted Morgan, 04 430 8190

How much: Dh200, plus Dh150 for the follow-up at-home applications. Takes 90-120 minutes

When it comes to dry hair, I beat most people hands down. Years of hair colours, chlorine and salt water have left my locks in a bad state that no hair mask will fix. However, Olaplex rebonds the hair, making it smoother, shinier and less porous. My hair was instantly sleeker and softer and has stayed that way – even though I have been going in the sea. And as soon as it starts getting dry again, I can treat it with the at-home application. Sold! If you struggle to keep your hair feeling soft, this is a miracle cure. – LW



What: Laser hair removal

Where: Australia Medical Centre, 04 380 7774 How much: From Dh200 for one session

I've had laser hair removal before on a different part of my body and I've tried laser tattoo removal – and both were painful. So I found it hard to believe that this would be pain-free. However, it truly was! I was in and out of the treatment room in approximately three minutes, it didn't hurt in the slightest and there was no tell-tale redness afterwards. You are advised to go back after a couple of weeks to make sure they have done the job fully, but when it is as quick and painless as that, a follow-up appointment is a walk in the park.— LW

SUMMER SAVER

Take advantage of The
Dubai Mall's Summer Pass
offer; just Dh250 will get
you a choice of adult or child
tickets for attractions including
Kidzania, Reel Cinemas, Dubai
Aquarium & Underwater Zoo,
Sega Republic and Dubai Ice
Rink. Until September 5.
www.dubaimall.com





ART WORLD



ALLIGRAPHY WHISPERS

The Z Gallery at Four Points by Sheraton on SZR is hosting an exhibition of the works of renowned digital calligrapher and Arabic geometry artist Salah Shaheen, who has exhibited widely within the region and further afield. Featuring both traditional Arabic calligraphy styles as well as modern interpretations, the exhibition aims to showcase the importance of celebrating such a historic Arabic tradition and integrating it into modern art. Salah's work will be on show at the gallery throughout August. 04 323 0333

LOUVRE ABU DHABI

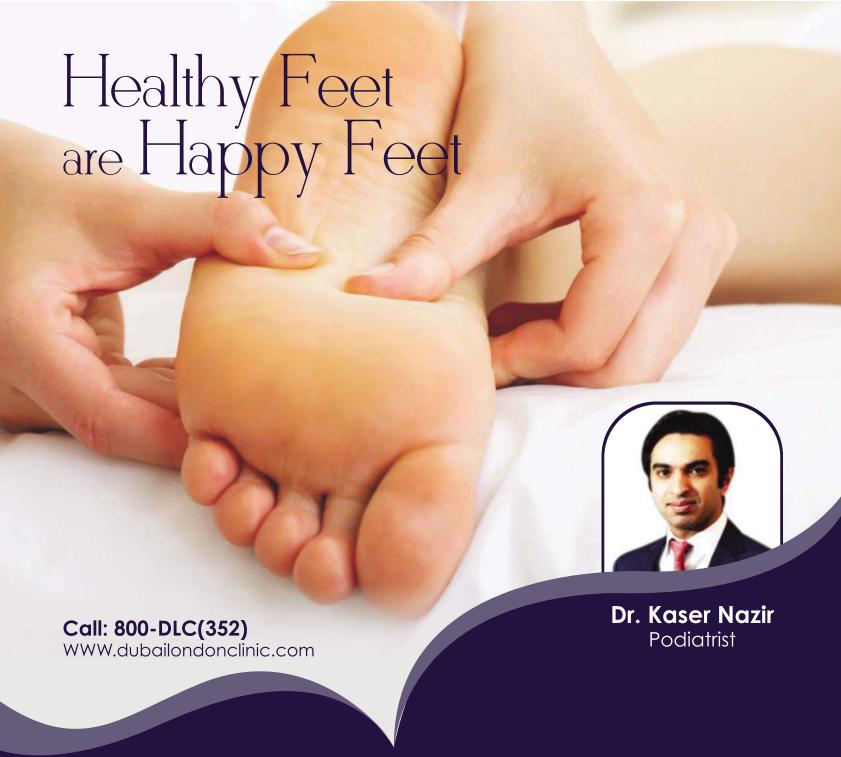
Continuing the display of artworks to the public prior to the official opening of Louvre Abu Dhabi, August's additions to the preview collection at Manarat Al Saadiyat will include sculptures from across the world celebrated in Louvre Abu Dhabi Stories: Immortal Figures. Expect a carved wooden Uli statue from Papua New Guinea, a Nepalese gilt copper figurine and an Italian bust of Saint Peter Martvr. See these in addition to the initial preview collection that includes Portrait of Fayum (below). Until August 30. louvreabudhabi.ae





shopping





The Department of Podiatric Surgery in Dubai London Clinic & Specialty Hospital provides comprehensive diagnosis and management of all foot and ankle complaints including surgical and non surgical management of the diabetic foot problems. We provide a comprehensive foot surgery service for bunions, hammer toes, flat feet and tendon or ligament problems affecting the foot and ankle.

Dr Nazir is a Consultant at the prestigious Guy's & St Thomas' NHS trust in London and the Clinical Director of The London Foot Clinic at Harley Street. He has led the way in developing the latest foot surgery techniques for bunion and hammer toe correction using modern technologies that allow quicker return to activity and improved patient experience. We also provide minor surgery treatment for ingrown toe nails and verruca removal at the clinic as well as a comprehensive gait analysis service for bespoke orthotics, insoles and sandals. Dr Nazir also specializes in managing heel pain with electro corporeal shockwayes treatment.







3 WAYS TO PREPARE FOR THE FIRST DAY OF TERM

MAKE A LAUNCH PAD

To limit the morning madness, organisation expert Cynthia Ewer advises a single place for all out-the-door essentials. Put lunch bags, books, keys etc in boxes colour-coded for each family member, for a smoother exit.

TURN OFF THE TV

The week before school starts, the National Association of School Psychologists encourages replacing TV with quiet games, puzzles, and reading activities to prepare your child for that early-morning learning again.

ON THE WALL

Picking one spot in the home for a calendar to keep track of all events and activities for the whole family will help to limit scheduling conflicts. Try whiteboard or chalkboard calendars so it's easy to make changes. AQ

BIONDE AMBIENTAIN

SHE WAS BUILDING HER FASHION EMPIRE WHEN VICTORIA BECKHAM WAS STILL A SPICE GIRL AND SHE'S BACK IN THE RED CHAIR AS A JUDGE ON *THE VOICE US*. THEN THERE'S A NEW ALBUM AND A BABY TO JUGGLE. AT 45, GWEN STEFANI IS BUSIER THAN EVER...

IT'S HARD TO BELIEVE THAT IT'S OVER TWO DECADES SINCE WE FIRST FELL IN LOVE WITH GWEN STEFANI, THE SKA-PUNK GOLDEN GIRL WHO STORMED THE CHARTS AS THE LEAD SINGER OF NO DOUBT. Since then she's enjoyed solo success with mega hits like *Hollaback Girl* and *What You Waiting For?* and, more recently, she's carved out a TV career as a voice coach on the US version of talent show *The Voice*. Then there's her hugely successful fashion line, Lamb, which celebrated its 10th anniversary last year, and recently added an accessories collection, GX by Gwen Stefani.

The platinum rocker is also a mum of three, having given birth to her third son, Apollo, last year – an unexpected surprise at 44. Not that she shows any signs of losing her dark edginess to the school run. A true individual, she is as effortlessly cool now as she was when she first captured our hearts singing *Don't Speak* in the mid-Nineties (as her 1.5-million Instagram followers will attest to). As we wait with bated breath for her new solo album (due any day now – there's also talk of a seventh No Doubt album), we discover why Gwen is just as badass as ever.

FAME HASN'T CHANGED HER

Despite her superstar status, Gwen can empathise with the wannabe singers she mentors on *The Voice*, as she can still remember her early days as an aspiring musician jamming

in friends' garages. "These girls are trying to 'make it,' and I've been thinking: What is making it?" she says. "My parents taught us, '[Music] is your hobby. People don't make it. It just doesn't happen.' It still shocks me that people care about me. I trip out about it all the time."

She adds, "It's mind-blowing! For me, I've never got to a point where I felt, 'OK, I've made it, I'm number one!' It's an amazing feeling to hit number one, but it's not that different a feeling from not being number one. It's really about the journey – that's where the joy comes in. It's not about the end result, as there isn't really ever an end."

In fact, agreeing to replace Christina Aguilera as a judge on the commercial talent show was not an easy decision for a woman with punk pumping through her veins. "It was hard to wrap my head around, but I needed a change creatively and it felt like something new, fresh," she says. And the responsibility of taking a seat on the famous spinning chairs is not something she takes lightly.

"Watching all these performances and being critical, it's a big responsibility and a new kind of inspiration I've never had. I wasn't expecting it."

Though she admits she would probably never have got through auditions for *The Voice* had she tried back when she was starting out ("my kind of voice would never impress people"), she's a welcome antidote to the seemingly endless conveyor belt of today's manufactured pop starlets who seem to care more about image than the music.



Songwriting is part of her DNA, and the source of much of her killer confidence. "When I discovered I could write songs, that gave me a power that I didn't have. Before that, I put all my energy into my relationships. Having something else I could put energy into, that I actually created, really changed who I was in the best way," she says.

And, unlike many of the younger generation of singers, Gwen doesn't feel she has to strip off to sell records. "We have this sexual side to us that is alluring and powerful. It's a gift. When you discover it when you are around 14, it feels amazing. But you learn it's fleeting. Sexuality is something I've never felt comfortable with. I won't be doing any topless photo shoots anytime soon. It's not my thing. I don't judge people for it, but I didn't even wear high heels until I was 30. It's important to evolve outside of your sexuality to entertain people. It was never a card that I played or will play - ever."

FAMILY COMES FIRST

Speaking of relationships, Gwen has been happily married to Gavin Rossdale, the British rock band Bush frontman, since 2002 - making theirs one of the most enduring unions in showbiz. "I wasn't a huge dater. I've only had two boyfriends, and I married one of them!" she laughs. Her other ex is her long-time bandmate Tony Kanal.

Gavin and Gwen welcomed their third son, Apollo, last year (they are already parents to Kingston, eight, and Zuma, six), and she admits that getting pregnant at 44 came as something of a bolt out of the blue. "Being pregnant was so shocking and totally unexpected," she recalls. However, she makes juggling parenting three sons with a successful career look like a walk in the park - literally. A hands-on mum, hardly a week goes by without pap shots emerging of Gwen



out and about LA with her brood. Despite how easy she makes it seem, she admits she did go through a period of adjustment in recent years. "I was definitely swimming upstream," she says, "trying to balance everything that's been going on with having kids and a family. There's no way to do all these things."

And like most working mothers, she is not immune to feelings of guilt. "Every day I fail at something," she says. "Every day someone is suffering because I'm doing all these things."

She credits her husband with giving her the support she needs: "My biggest accomplishment is my marriage so far. Because it's hard, everyone knows it's hard. [Marriage] is something that I always wanted to do successfully. It was a dream of mine. I like the official-ness and the family-ness of it all, having the same name and making decisions together."

She adds, "[Our relationship] is better than it's ever been... We're learning about each other all the time. He's an amazing dad, he works so hard – I can hear him writing songs through the wall, and it is at a much quicker pace than me! He balances me out. And he – he never stops liking me, which is awesome! It makes me feel happy, that someone likes me as much as he does."

Even after almost 13 years of marriage, the singer is still dazzled by her rock star husband. "I never really saw myself landing a guy that hot. I don't know if I was a nerd in high school, but I definitely wasn't the super-cute cheerleader so I never saw myself getting somebody like that. But I do think he's quite handsome. It's not the most important thing about him, but it is nice, and he makes really cute babies!"

And it seems Gwen's kids dote on her just as much as she dotes on them. "Kids know if something is good or not. Like, even Apollo, I swear, when we play [Gwen's single] *Spark the Fire*, he totally dances. I play everything for them and they tell me if they like it or not. They tell me, 'You've got to write a good song that everyone is going to like.' And I'm like, 'OK, I'll try.""

ONE OF A KIND

One of the reasons that Gwen is destined to be viewed as a 'cool mum' by her kids is her unique sense of style. Her white-blonde hair, scarlet lips and skater-girl chic combo gives her a next-level kind of cool that has garnered legions of fans and Insta-followers. And though some of her outfits are out-there, she doesn't have any style regrets. "If you [hand] me an old photo of myself, I can tell you why I'm wearing what I'm wearing. Somebody just showed me a picture of me at the MTV awards, where I was wearing this blue fur bathing suit top. Right away, I was like, 'Yup, I know why I wore that.' I had just got off a two-and-a-half year tour with No Doubt and I felt like I needed to break free a bit. How can anyone regret wearing something? I never do. It reflects who you are at that moment."

In fact, long before she was being papped, Gwen had developed her own sense of style. "I think when I discovered music in the eighth grade, that was when it



really hit me... like, who am I? I knew who I didn't want to be. I knew I wasn't this girl or that girl. But I wasn't rebellious at all – I was just curious. I just knew what affected me in a positive way and went from there. I was actually a big copycat! I would see all these girls who had cool style and were just different, and I knew I wanted to be like that. I'd see something I liked and then sort of make it my own—you keep doing that and it becomes a sort of evolution of your style."

She adds, "I've always loved fashion—it's a reflection of your personality. Even if no one was looking, I'd still be wearing the same things." And therein lies the secret of her appeal: she's not out to impress anyone; she's just being herself. And what's cooler than that? NO



It's great to be in love, it's the stuff every romantic comedy is made of. But where does the 'me' end and the 'we' begin?

YOU KNOW HER. YOU MIGHT BE HER.

The smart, successful woman who, before she had a partner, had a million different interests, healthy social life and a firm sense of self. That same smart, successful woman who, after she landed a partner, became a shadow of her former self.

Being in love and in a mutually fulfilling relationship that makes your heart sing and all those other romcom clichés is the stuff of... well, romcom clichés. This ability to immerse yourself in your partner and your relationship speaks to the romantic and idealist in us all.

But how deep is too deep? And why is it that women, typically more so than men, seem to lose themselves in love? Is it because we are the ones who grow up on a diet of fairy tales about Prince Charming and fervent wishes to meet The One? Because every fantasy white wedding dress speaks directly to the souls of women? Because we are the key consumers of mass romanticism?

Probably all this and more, starting with biology. Women are literally more sensitive than men and traditionally less independent; a dangerous combination when introduced into the heady context of romance.

In the book, *Brain Sex*, authors Anne Moir and David Jessel use neuroscientific data to posit that the female brain is simply "organised to respond more sensitively to all sensory stimuli". Then you factor in

historical media messages about love and romance, cultural and familial conditioning, and you have a melting pot of potent indicators.

Gone baby, gone

This loss of identity is so commonplace it, of course, has a name. She's called "the disappearing woman" – the woman who lives vicariously through the validation that a relationship offers.

In her book *Loving Him without Losing You*, author and psychoanalyst Beverly Engel writes, "No matter how successful, assertive, or powerful some women are, the moment they become involved with a man they begin to give up part of themselves — their social life, their time alone, their spiritual practice, their beliefs and values. In time, they find they have merged their lives with their partners' to the point where they have no life to go back to when and if the relationship ends."

What's disturbing is how early on in life this pattern can take hold. Last year a study by the University of New Mexico surveyed over 5,300 high school students and found that romantic relationships were hugely important to the girls' identities and how they felt about themselves.

The study, aptly titled *Caught in a Bad Romance*, published its findings in the *Journal of Health and Social Behaviour*. Worryingly, the research suggests that girls suffer more with mental health issues

relationship

stemming from unmet expectations from failed relationships. Boys on the other hand, says the study, "are more likely to build their identities around sports or other extracurricular activities", and are therefore far less affected when a relationship fails.

The female psyche, say scientists, is a delicate thing. Women have "thinner boundaries" than men, and this allows us to become deeply and rapidly involved in relationships, leading to the loss of one's self, says Dr Ernest Hartmann in his book, *Boundaries in the Mind*.

By and large, transference – seeking the love that we never had as babies or children – plays a very significant role in the syndrome. The popular book *Women Who Love Too Much* by Robin Norwood sets out substantial research that speaks to this claim. In various case studies, the author demonstrates how one or both parents were either emotionally or physically unavailable, leading to a neediness in the female child.

"Parenting is crucial in helping develop that innate sense of self," says Dubai clinical psychologist, Dr Saliha Afridi.

"A branch of psychology asserts that it is during adolescence that a sense of self develops. If this is hindered in any way, the person is stuck in a place of role confusion. That stage is followed by the need for intimacy.

"Today, women get such mixed messages about what society expects of them in their gender roles. Even though we have moved further along in our ideas about women in society, some things are still very much the same: girls should be sweet, polite, accommodating—which translates into their adult relationships as them losing their sense of self/identity."

Cultural expectations certainly have a lot to answer for. Even now, historically conservative cultures still place an emphasis on the dominance of the male personality in a relationship.

"This syndrome is quite common in the UAE, and particularly here in Dubai," confirms Dr Afridi. "Lots of clients suffer from this loss of identity, especially because we have a very 'show thyself' versus 'know thyself' culture."

Last year *The National* published findings that young Emirati women were having doubts about studying abroad due to the fear that they would be stigmatised as Western – hindering their chances of finding a husband at home.

But, ultimately, the onus for self-esteem, confidence and responsibility lies with the individual. "Maintaining a sense of self cannot come before having a sense of self," stresses Dr Afridi.

Me, myself and I

This lesson of self was a hard-earned one for Salma*, a 33-year-old accountant. "I never thought



LOSS OF **IDENTITY TAKEN TO A LITERAL** LEVEL.... When **Hollywood stars** Tom Cruise and **Katie Holmes** married, he insisted on calling her "Kate" even though none of her family or friends had ever called her that before. She complied.

I'd become one of those woman – someone whose life would come to revolve around a relationship. Now that I'm out of it, I feel like it happened to another person," she says. What started as a normal friendship, morphing into a romantic relationship, quickly turned into a loss of independence and identity for Salma.

"From the beginning, my relationship with Sameer* was difficult. We liked each other a lot but we had very little in common. I loved travelling, he liked raucous weekends with friends. We both read voraciously, but I was addicted to non-fiction and he liked sci-fi. But we got along well and had healthy, independent lives."

When Sameer proposed and she accepted, says Salma, is where it all went wrong. Their differences grew more glaring and they argued constantly, about everything from wedding venues to politics. Desperate to find commonality, Salma immersed herself in his interests.

This was also fuelled by a gnawing realisation that this wasn't where she was supposed to be or who she was supposed to be with. "And I think he felt it too. It's just that we were at that stage of our lives. All our friends were engaged or married. If not



HOW HEALTHY IS YOUR IDENTITY?

- Is it important that others always see you in the best possible light? Do you have a different personality on social media so that people view you positively?
- Do know what you want in relationships, your likes, dislikes and boundaries?
- Are you able to spend time alone without feeling depressed or lonely?
- •Do you see your friends or family on your own or always with a partner?

If any of these questions have made you pause, it might be time for some serious self-reflection. "If you don't have a sense of self, what makes you unique, and how to function as an independent human being – outside the roles that people place on you – then you are going to be unhappy," says Dr Afridi.

"You will feel unfulfilled and always fear that your life was half lived. At its most extreme, a loss of identity in a relationship can actually be an indicator of borderline personality disorder, wherein a lack of a sense of self results in emotional, interpersonal, and selfesteem volatility."

this, what then?" Salma threw herself into making the relationship work, by doing exactly what the experts always advise against: losing her identity.

Invitations to hang out with girlfriends came and went, and eventually stopped altogether. Social events or after-hours activities with colleagues were unheard of. She read the same books he did and took up an interest in motoring shows.

"I did disappear, completely," she admits.
"My identity was too closely tied up in keeping up with my friends and where they were in their lives at that moment.

"It was a cultural thing too. At 28, in the Indian community, you should be married. The problem is when it's not what you want but you've convinced yourself otherwise, so of course you lose yourself and your way."

When the relationship inevitably burn out, Salma remembers that resonant feeling: no life to go back to.

"My friends had given up on me. I was totally alone for the first time in two years and I had no idea how to reconcile myself to... myself.

"It took me a long time to relearn who I was, what I wanted, what I enjoyed. I remember one

night ordering Hawaiian pizza and I had a little mini-breakdown when I realised that I hadn't eaten Hawaiian pizza for a year because Sameer didn't like pineapples! It just all hit me at once how I had completely lost myself."

You absolutely cannot suppress your identity, needs and wants for the sake of someone else, says Dr Afridi. Giving over your life to a relationship in the hope that it will flourish is actually the antithesis of what makes it positive.

Last year a revealing study by the University of California's Family Studies Centre surveyed 1,500 couples who had been together for more than five years. Among six common characteristics that made their relationships so successful lay two facts: they shared fundamental values and goals and supported each other's individual interests and activities.

Love is great. Being in love, even more so. And there is absolutely no reason not to live like you're starring in your own romantic comedy.

But there is every reason to be your own strong, assertive, independent female lead... as Carrie Bradshaw quipped in *Sex and the City*, "If two souls have only one thought between them, something is very wrong." NO

TALKING ABOUT MY GENERATION





real women





RITIKA DHINGRA FROM INDIA IS MUM TO MANASWNI (17) AND TANISHQ (15), WHO ARE AT SCHOOL IN DUBAI

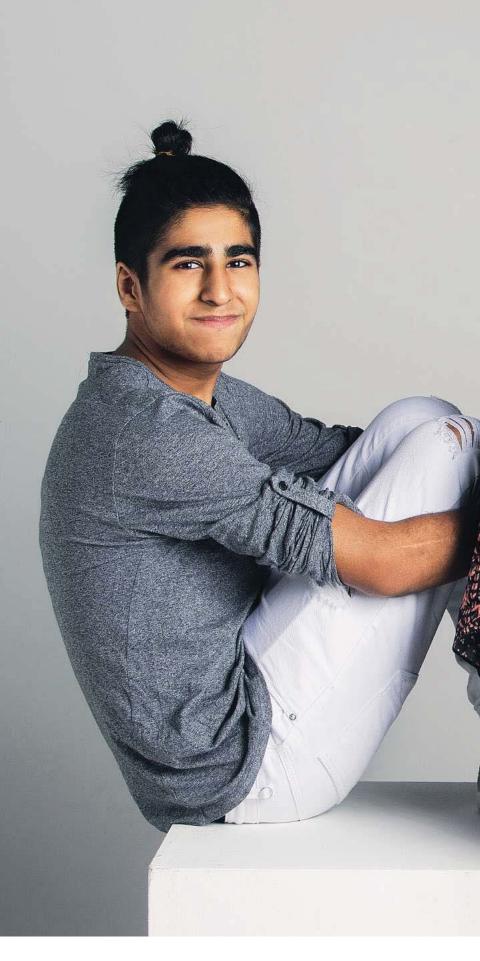
Mum Ritika: They've got a lot more freedom, teens these days. I grew up in India, and we didn't have much freedom – although it is different there now. We weren't allowed to go away every weekend, like these guys do for sleepovers and parties.

My parents were just that, parents. But my kids are like my friends. We like to hang out, the four of us together... we always spend Fridays together as a family. I feel like I might have spoilt them a little bit in terms of cooking and cleaning. But other than that, I feel they respect me and listen to me.

We don't really have arguments. Sometimes they stay up until 4am and then don't want to wake up until 1pm... this really bugs me. But other than that, they are responsible kids. They make their own healthy breakfasts and smoothies and they have interests and hobbies. Tanishq is really into photography and is learning from tutorials on YouTube and online and doing really well. As of now, I don't have any problems with my kids' teenage years. We have very open relationships.

Tanishq: There are a lot of social pressures on teenagers in Dubai, in terms of being a certain way, wearing certain clothes, or acting in certain ways. And while most adults don't really understand why we use social media so much, it isn't all bad... it can be used in good ways. Parents don't understand that not having access to social media is a handicap in life.

Manaswni: I think social media gets a lot of unfair negative press. We spend 80 per cent of our lives on it so obviously issues and arguments will erupt there... it isn't the fault of the social media. The arguments and fallouts would happen anyway. Even adults are addicted to them now... my grandma is on Candy Crush and my mum uses Skype. It's just a part of life.





MUM SAIRA FAROOQI AND DAUGHTER SHAYAN (19)
Originally Pakistani-American, the Farooqi family moved to Dubai from the US eight years ago. Shayan is currently studying law at University College London

Mum Saira: I realise I have developed many habits from my own mother. I hear myself telling Shayan many things that my mum would say to me. Even though there is a generation gap, I am giving her the same advice.

My time was very different... I grew up in Lahore, whereas my kids were born and brought up in the US. We had no Facebook, or internet, we weren't allowed to go on sleepovers or have boyfriends. When I was at college I could go to my friend's house and stay out until 10pm, maybe. I graduated at 20, got married and when I was 23 we moved to the US. Things haven't changed in Pakistan, but living in the US has changed our mentality. But I still say to Shayan, 'No boyfriends. If you find a man you like, let's meet him, and if he is a good man, you can marry him.' I want her to focus on her studies and career right now.

It was really hard for me when Shayan moved to

London. I would go into her room and cry. Even though I was excited for her and proud of her, I was nervous about her going to live in a new city. We had communication struggles at first... It takes a lot of effort from my side for us to stay in touch and stay close. She's always so busy and doesn't always message me back straight away. When she goes out, I always tell her to text me when she gets home. I can't sleep until I know she is safe in the house... For me, staying in touch with family is very important. I tell her, 'Religion first. Then family. Then studies.'

We are Muslim. It's a challenge when kids go to school and university and meet people with different values. They see kids their age having different freedoms. We aren't comfortable with sleepovers, for example. But we believe that the basic values we have instilled in her will not change no matter where she lives. If she does something wrong in the future, it means we have done something wrong. If she stays on the right track, we have done our job.

Shayan: When my mum was young, it was all about family and community. In my generation, it's more

my life. I'm building my identity and shaping my personality. It's better for me to do that away from home. At home it's easy to feel like you are perpetually 13. Living away from home, I am learning about myself every day. I feel like I have my family's values but that I am also developing my own. There are a lot of changes in this generation's perspectives... politically, ideologically and culturally. I'd rather say

'This is who I am. This is what I have done.' I don't want to be defined by family, and religion, and family values and family honour. At the same time, I wouldn't want my mum to feel like she has failed. Saira: When Shayan gets married, she shouldn't have

to give up her career. But her husband should look after her financially... she should only work because she wants to, not because she has to just to survive.

about egoism, individualism and self-

determination. The narrative is that if

you are not doing what makes you

happy, you shouldn't be doing it.

This is a notable period of

Shayan: This is the point we disagree on most regularly. I've always wanted to make my own way and not be dependent on a man. I feel like I should keep my husband on his toes. I wouldn't mind postponing marriage until I am 33 or 34. Saira: I disagree. As soon as she has finished her studies she needs to get married. It's fine if she wants to pursue her career after her studies. But after three or four years she needs to settle down.

Shayan: I don't think I'll ever settle down. Saira: Shayan! I want to see her married to a good man.

He has to be Muslim and compatible with her. But we have no restrictions on nationality.

Shayan: From my perspective that is all irrelevant. Love is blind.

Saira: After a few years, love is not blind. Shayan: There's more to it than categories. When I meet the right person, I'll know. I hope when that happens, my parents respect my decision. Saira: A few things are very important. We have told her what those are. But at the end of the day, it is down to her.





Mum Vanessa: I would say the biggest difference between my teenage era and Oscar's is social media. Teens today have quick, easy access to information and to the world in a way that we never had. I think in some ways they are missing out on real life, nature and face-to-face friendships. When I was young, if I didn't know something I had to look it up in an encyclopedia. Now we just ask Google. Does that put added pressure on children and young people to have a wider knowledge? Yes and no. They have no excuse not to be fully aware because it's so easy to access information, but this can lead to an attitude of indifference.

Teenage years are definitely harder work than the younger years. Little ones keep you up at night, but at least you know where they are! The thing is that teenagers will be teenagers – and we want them to be... it's such a wonderful time in life. Some parents act like their teenagers are angels, but we all know that teens rebel. It's just what they do.

It was really hard to send Oscar to boarding school in the UK. On the day we dropped him off, I felt like there was a rip in my chest and I actually wanted to howl... He is now back in Dubai for the summer and, the day after he arrived, I walked into the kitchen and he was standing there making a sandwich and I shed a few tears. It is because I have little ones too, so I look at Oz and think 'Wow, kids grow so fast!' I do believe children need to break free from their parents at some point, a chance to test their wings. Otherwise it can cause issues in the parent-teen relationship. I'm hoping that Oscar being abroad means we can avoid that difficult phase.

Oscar: My mum is really down-to-earth. She has already had a teenager move through the ranks, so she should get it right with me! We get on really well and I can tell her anything. We laugh a lot together. There isn't really anything that I would say she doesn't understand about me.

One thing I think she has forgotten is how expensive it is to live in England. I think she needs to increase my allowance! It's hard not having enough money to do what we teenagers need to do... I would get a part-time job but my school won't allow me. Now it's the summer holidays I am trying to get a job here in Dubai to make some money over the summer, but it seems impossible. I've been offered part-time work without pay. Mum tells me I should do the work for experience. I guess it would be good to have it on my CV, but I would still like to earn some cash.

real women





CHANTELLE INNES FROM SOUTH AFRICA IS MUM TO 16-YEAR-OLD TWINS CAITLIN AND CONNOR

Connor studies abroad in South Africa, while Caitlin has remained here in Dubai to finish her studies

Mum Chantelle: I think there is a lot more peer pressure on teens today because of social media. And they seem to have a lot more insecurities because of that. I don't find them to be as confident as my friends and I used to be when I was their age. They hide behind social media so much. They are less expressive and communicative. I know they need to know about technology to be able to get by in the future, but things are so different now. I think the fun has been taken out of

childhood. We used to ride our bikes for fun, not just for exercise.

I grew up in a very religious home. My parents controlled the music I listened to, the films I watched, the clothes I wore, the friends I spent time with and my social life. I wasn't allowed to go on sleepovers, for example. I thank my parents for that today. I think I am lenient on Caitlin and Connor, compared with what my parents were like, but they would probably say I am quite strict. One thing I have always told them is to be themselves, not to look to others, or to the media, or social media, for guidance. The scariest bit

about having teenagers is whether they will make the right decisions - about drugs, drinking, smoking... Until recently I was very careful about what parties I let them go to, but I am relaxing a bit now they are more mature. It's about their safety rather than anything else.

Cailtin: Mum is becoming more lenient as I get older. I guess I am getting more mature so there is trust there. But I still have a curfew and we have rules. I have friends who don't have curfews and have more

"One thing I When it comes to social media, I think have always told Mum thinks Connor and I are the only teens on Facebook and Instagram. But if them is to be social media was around at the time she was a teen, she would have been on it too. themselves... not Chantelle: I think social media dictates

what is and is not acceptable today - as if to look to others, there wasn't already enough peer pressure! Social media condones being super skinny, or to the media, or having affairs etc. Who says it is right? Caitlin: We are the same as every other social media, for teenager. It is today's society. We have to use social media. It is not a choice. guidance"

Chantelle: I've read articles about kids and youngsters accessing inappropriate and

pornographic material online. Also I read the younger generation has such bad communication issues that companies are trying not to employ people under the age of 30. I keep their phones out of their rooms at nighttime and the Wi-Fi turned off in my house. Caitlin: I'm in my last year at school. I don't know anybody who has their internet turned off at night. Chantelle: If they don't want to do that when they have kids, that's fine. But this is what I want to do with my children. M

out later?' But a lot of their parents will just go to sleep, whereas I know my mum waits up for me. Mum and I used to fall out a lot more about me eating junk food, and not exercising and not sleeping. Now we mainly

fall out about what I'm wearing, as mum says my clothes are too short.

THE SECRET LIFE OF A TEENAGER



Ever feel like your teenage son or daughter is speaking a different language and communication has become almost impossible? Dubai-raised student, 18-year-old Karina Sharma, pinpoints the thoughts and feelings that almost all teenagers experience, and translates them

"I need space"

It's been scientifically proven that a mother's hug has special healing powers. But sometimes, a teen doesn't want to feel better. As crazy as it sounds, sometimes we just need to lie on our bed and listen to depressing music. "Leave me alone" might be three of the most heartbreaking words for a mother to hear, but giving us the time and space we need to work through our roller coaster of emotions is very important.

"You don't understand"

This well-worn teen cliché often translates to "I don't understand". It's hard to describe what we're feeling, especially since most of the time we ourselves don't know how we feel. So when our mums can't seem to follow our train of thought, we get frustrated and use this phrase as our reasoning. We teens often feel like the whole world is against us and no one can understand the troubles we're going through, but in reality, everyone has been there at one time or another, even our mothers. But sometimes, we just can't explain it. All we need is patience.

"My sibling and I are good at different things"

It may not be a conscious action, but it's easy for parents to compare their kids. When a compliment is used against a sibling, though, it can be difficult for

the one left out. "He got straight As this semester. Why can't you work as hard as your brother?" can cause feelings of guilt instead of pride. Everyone has different strengths and weaknesses and pitching your children against each other can hurt their relationship and yours. We need you to honour each of our achievements individually and to resist the temptation to use a sibling to exemplify the type of behaviour you want to see in the other child.

"Stop trying to control me"

As a mum, you don't want to see your child fail. But we need the chance to make our own decisions and deal with the consequences. Let us make mistakes, fall in love, laugh, cry. Just knowing we always have your arms to return to when we need to is the greatest help of all.

"I'm only a teen once"

As much as I cringe at the term YOLO, it's a massive part of our generation. Believe it or not, teens fear getting older just like mums do. Once we hit 20, it's as if we can't be the carefree teenagers we once were. We start gaining more responsibilities and life starts to feel like it's moving too fast. The teenage years are the time for us to have fun and act young while we still can. Trust us. Love us. Have faith in us. You've taught us well.



KEEPING UP WITH THE TEENS

'FACEBOOK IS SOOO 2014'. IF YOU'RE FEELING OUT OF THE LOOP, HERE'S

A RUNDOWN ON THE LATEST IN YOUTH SOCIAL MEDIA AND WHETHER OR NOT YOU SHOULD WORRY ABOUT IT



Snapchat

An app that enables you to send photos and videos that disappear after a time limit of up to 10 seconds.

Reasons to worry:

ens may use this to send inappropriate images, thinking the photo isn't permanent (but nothing ever truly disappears from the web).

Reasons not to worry:

Most teens use it to send goofy pictures to their friends. When someone takes a screenshot of the image, they are alerted. The only people who can Snap to them are the friends they have accepted.



Yik Yak

Especially big on college campuses, this is a social-networking app where you can post anonymous messages to people in a nearby area

Reasons to worry:

Some messages can be rude, offensive and vulgar, because the posters are hiding behind a screen of anonymity. Also the teen's location is known.

Reasons not to worry:

Most teens don't take it seriously and check it out to have a quick laugh (most posts are funny comments or observations people in the same area can relate to).



Tinder

Potential matchmaking app with people in your area. Swipe right to "like" a photo or left to "pass". If the other person also swipes right, you have a "match" and are able to talk.

Reasons to worry:

Could be a confidence buster as it's an app solely focusing on appearance. Also the teen's location is known.

Stranger danger.

Reasons not to worry:

Most teens use it to just have fun looking at attractive people or to meet new people nearby around their age.



Vine:

Social-networking app where users can post and watch six-second videos called vines on loop.

Reasons to worry:

Vines can easily go viral and the default privacy setting is that everything is public – the videos you post and the comments you make.

Not to worry:

They're often funny and creative videos that just make your teen laugh and pass the time. When teens post videos, it's usually them being silly with their friends.

KNOW THE LINGO

Remember when you used to be au fait with all the playground slang? Yeah, that was a while ago... Here's a quick glossary to update you on the latest in teen lingo...

- •Bae: Literally 'before anything else'; used as a term of endearment or a way to describe a loved object. Eg: 'George Clooney is bae'.
- •On Fleek: Amazing, perfect, on point.
 Eg: 'That Dior purse is on fleek'
- Basic: When someone is unoriginal and only interested in mainstream things. Eg: 'Her music taste is basic.'
- Slay: Don't worry; no-one's killing anyone. To 'slay' means doing something amazing. Eg: 'Taylor Swift always slays the red carpet'
- No chill: Someone who doesn't know how to be calm/gets angry easily. Eg: 'The Hulk has got no chill.'
- Squad: Your crew or posse. Eg: 'I'm going to get manicures with my squad.'
- Ship: Not only a mode of water transportation any more, 'ship' is short for 'relationship'; to want two people to be romantically involved. Eg: 'I'll always ship Ryan Gosling and Rachel McAdams'.

• On the Grind:

Working hard. **Eg:** 'This presentation for my boss has got me on the grind.'

• Low key: A strange combo of words meaning something discreet; on the downlow. Eg: 'Low key, I still listen to Backstreet Boys songs.'



"A lot of adults think we're too young to know what we want or who we are,

but knowing those things are not always dependent on age – a 40-year-old can struggle with them too. Yes, we are still exploring ourselves and our world, but people underestimate the complexities (of teenage life).

I often feel that my point of view will be disregarded because I'm 'too young'. This is frustrating.

"People need to understand that teenagers, just like everyone else, are all unique. Every teenager matures at his or her own pace; the maturity of one should not be judged based on the maturity of another."

Sandra Rafail, 17

"It's accepted by most that teenagers base all decisions on impulse and pleasure without thought of consequences. I think the most common misconception of teenagers is the idea of recklessness, and lack of self-control. But labelling a whole generation as impulsive, moody, and self-absorbed in this way becomes a self-fulfilling prophecy; the generation becomes these things, either to fulfil the role or to spite the older generation.

"People need to understand that positive reinforcement works best. Instead of making us feel reckless and useless, encourage us and use constructive



We might think we remember what it's like to be a teenager, but the world has changed a lot since the era of Discmans, scrunchies and MSN messenger. Sarah Syed asked Dubai-based teens to let us in on what it's like to be in that limbo period in today's world, and how it affects their relationship with the adults in their life...

Alex Djandji, 17

"A common misconception of teenagers is that we are egocentric and unorthodox when compared to other generations. I think [those views] are unfair because they are built on the experiences of select people. There are teenagers out there who fit this description, but there are also those who don't. We've been exposed to such generalisations and for this reason

we have come to accept them as truths. I would say this about people in general, but especially teenagers: don't think that you know them before you develop a relationship with them. Everyone is different and has their own story, so you can't really predict anything about their personality."

Deena Habib, 18

"I can't count the number of times I've heard that 'in the old days, kids used to listen to their parents', whereas now, apparently, we couldn't care less. But I think that's unfair. We're just figuring out who we are – what we like, what we believe in. Which is something really beautiful and necessary. And so, while it may seem selfish, I think it is unfair to judge teenagers for being selfabsorbed and focusing on themselves. We need to get to know and love ourselves to work out our place in society.

"I definitely think being a teen means adults don't take us seriously. For example, if a teen were to get a tattoo, for very meaningful, spiritual reasons, adults might think of it as rebellious or attention-seeking so they don't give them a chance to explain what it means.

"We need encouragement without judgement, to figure out who we are."



"There are lots of misconceptions about teens: lazy, rude, self-absorbed, and many more. Most of these, I hate to say, are true. Teenagers are at a stage where we think we're right and above everyone else because we have some knowledge, when actually we know nothing.

"I think one perception that isn't true is that teenagers aren't passionate, just because there are certain things we don't want to do. We are some of the most passionate people around... but we can't be forced to do something we don't like."

Sophia Uppal, 19

"I would say that teenagers today are accepting, thoughtful, inspired, inquisitive and ambitious. But at the same time, we are also anxious, confused, insecure and often depressed. Adolescence is a very stressful and complicated time and I think too often adolescents' anxieties are dismissed without actually addressing their problems.

"Teenagers are moody because, for the first time in their lives, they are trying to navigate their autonomy, intimacy, sexuality and just who they are as a person. And often, while exploring these crucial things, their goals as teenagers will not match the goals of their parents and this will lead to conflict. I think people often forget how it was being a teenager, when one small comment from a friend can ruin your whole week and a smile from your crush can make you feel like you're on top of the world. In order to understand and communicate with teens better, I think adults should show a little more empathy and perhaps they'll show a little back."

HOW TO RAISE A HAPPY TEENAGER

LISTEN AND ACKNOWLEDGE.

If there's one thing all teens feel, it's that adults don't take them seriously. Take time to just listen to your teen, and acknowledge and celebrate their new areas of interest and achievements.

As Rae Simpson in Raising Teens says, "Most things about their world are changing – don't let your love be one of them."

HAVE REGULAR FAMILY MEALS

There might be times when sitting with the family is the

last thing your teen wants to do, but according to the well-publicised American National Longitudinal Study on Adolescent to Adult Health: "Having dinner together on a regular basis, is strongly related to whether teens engage in risky behaviour such as drinking, fighting or having sex at early ages."

BEAROUND

Just because your teen isn't a child any more, doesn't mean he or she doesn't need you.

The Journal of the American Medical Association found that compared with peers whose parents are often absent throughout the day, teens whose parents are present when they go to bed, wake up, and come home from school are less likely to experience emotional distress.

DON'T WORRY IF THEY KEEP SECRETS FROM YOU

A Cornell University study found that limiting what teens tell their parents is natural. "This is healthy in that it helps teens develop their personalities, gain some privacy, and develop strong relationships with their friends."

LOOSEN UP, BUT DON'T LET GO

Teens need parents to uphold a clear but evolving set of boundaries, maintaining important family rules and values, but also encouraging increased competence and maturity, says a study by the Harvard School of Public Health. **NO**



Do any of us ever really grow up?

Tabitha Barda wonders if we're all still just teenagers at heart

IT WAS HARD BEING A TEENAGER. Who doesn't remember all that angst, the uncertainty, the desperation to be liked? I was a particularly morose specimen (I was a bit unique in the sense that nobody understood me, you see). Plus my hormones had conspired to give me the winning combination of bad skin, frizzy hair and puppy fat. I'd plug myself into my oh-so-up-to-date Discman and scowl at the difficulty of my life (to be fair, the top music artists in the year that I was 15 were the likes of Atomic Kitten, S Club 7 and Westlife, so I can't really be blamed for a general sense of doom).

And yet, reminiscing like this has made me realise that I've felt many of these sorts of feelings far more recently than my teens. Becoming a new mum last year plunged me into a similar pit of anxiety and confusion. Suddenly I was out of my depth, feeling isolated, unsure, fretting about my ability to breastfeed, panicking about changing nappies and eager to fit in with the mums at the coffee morning. Where teenagers might employ false bravado in conversations about drugs or virginity, I'd pretend that I'd heard of Sophie the Giraffe and make out that I, too, felt passionately about the bassinet fittings on unaffordable Bugaboo strollers.

Actually, forget last year – just this week I've experienced equally teenage-like behaviour close to home. Although not from me this time – from my infant son. I thought it wasn't until two-and-a-half or so that they'd start to become the dreaded 'threenagers', but at 17 months, my little boy is showing many of the signs of a typical adolescent.

The tantrums are the main thing, of course. His new lust for independence means any attempt to put him into his stroller is akin to initiating world war three – arched back, rigid body and blood-curdling howls.

On top of that there's his newfound tendency to have a lie-in. Now don't get me wrong – this is a glorious development. It's just a shame that it only happens after he's kept us up half the night and demanded a 5am milk feed. Then he is quite content to stay in bed until 7, 8, once even 9am – we had to wake him up for swimming lessons and he actually rolled his eyes in annoyance and slumped back down to snooze.

As with many teens, my toddler's personal hygiene leaves much to be desired – he's quite happy to leave scarlet cherry juice on his cheeks and crusted cornflakes in his hair, and balks loudly if I try to clean it off him. Bath time is OK but teeth cleaning is full of drama, frustration and angst for all of us – if he could, I'm sure he'd yell, "Why can't you just leave me alone!?"

Which brings me to the point that, as with many teenagers, he's also largely monosyllabic – and he never tidies his room (this is starting to get a bit unfair now...).

And, although I wouldn't say he's embarrassed by my husband and me quite yet, he will pretend he doesn't know us the minute a cool-looking two- or three-year-old is in the vicinity. Just last weekend at a play area, we were shunned in favour of an older little boy who'd decided to push a dolly in a pram incessantly round and round.

Overcome with hero worship, our toddler followed suit – by the end of it we were all quite dizzy.

Which all goes to show that, whether you're a teen, a new mum, a toddler, or just a regular adult, we all experience the same feelings of self-doubt, alienation, frustration and uncertainty. We just get a bit better at coping with them – or perhaps only hiding them – as we get older.

I was going to end by saying that at least one thing we've all left behind us is Atomic Kitten, but I've just found out that the girl band has reformed and is touring still. Which I suppose proves that none of us ever really grows up. And in a way that's strangely comforting. MO

WE ALL EXPERIENCE
THOSE 'TEEN'
FEELINGS OF
SELF-DOUBT AND
FRUSTRATION. WE
JUST GET BETTER AT
COPING WITH THEM
(OR HIDING THEM)





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STEAL VS SPLURGE

These indie mesh-frame shades will make an edgy style statement whether you splash out or stick to a budget. We'd advise avoiding the sunlounger with them though, unless you want some equally funky tan lines!

fashion



FASHION

GROUP FASHION EDITOR
LINDSAY JUDGE GIVES US HER
PICK OF THE MONTH'S TOP
STYLE EVENTS AND LAUNCHES

WHAT I'M BUYING THIS MONTH

Vince Camuto recently launched its Transition 2015 collection and I'm in love! My favourite piece is this stylish brown bag that will go with anything; it's the perfect work-to-weekend carry-all to see me through summer, into autumn and beyond. Dh850, at Vince Camuto stores.

PSST... NEWS ALERT

It's always sandal season in the UAE and Steve Madden has new styles that will see you adding to your collection. This latest design comes in gold and black – I think I'll have to buy both! From Dh319, available at Steve



DESIGNER COLLABORATION TO WATCH OUT FOR...

MIRANDA FOR SWAROVSKI

Who doesn't need a little sparkle in their life? Supermodel Miranda Kerr has teamed up with Swarovski to create a fine jewellery collection, which features delicate charm bracelets and pendants, as well chunkier bangles and necklaces. The pieces are great for layering, to create a look that is all yours. Starting at Dh250, at Swarovski stores.



IN STORES NOW 3 of the best sunnies





WHERE I'M BROWSING THIS MONTH

WWW.SIVVI.COM

Fashion-forward shoe retailer Aldo is now even more accessible as it launches on e-tailer Sivvi.com. If you need the perfect pair of heels to go with that party dress, you can log on, buy, and they'll be delivered to your door in just 24 hours – amazing or what?!

The Dubai Mall 04 3399356 Mall of the Emirates 04 3414646





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Vanessa Elley, 31

Originally from Panama, Vanessa is a lawyer by profession and mum to Owen, four, and Georgia, one. She has an athletic body shape, but after having two children she prefers to hide her tummy and upper thighs.

She wears the TROUSERS

We show three *Aquarius* readers how to get the perfect pants for their body shape

Styling by Lindsay Judge. Photos by Stefan Lindeque

LOOKING GREAT!

Vanessa's long, slim legs mean she can pull off even the most unforgiving trousers, and she looks great in these printed white skinny pants. The straight-leg style makes her pins look as if they go on forever! We paired them with a black leather-look top that hides her tummy and gives her a rock-chick edge.

> Top, Dh129, H&M Trousers, Dh195, River Island Heels, Dh125, New Look

"I feel great in these trousers. They're something I would choose to buy myself, and I love the leather-look top too!"





Tanya Tharakan, 35

Originally from India, Tanya works in the healthcare industry and is mum to sons Zac, four, and Marc, two. She is petite, so finds buying trousers a nightmare. She tends to stick to dresses, but would love to know what style of pants are right for her.

LOOKING GREAT!

While wide-leg trousers are often best avoided by shorter women, there are ways to wear this on-trend style even if you are petite. Vertically striped pants lengthen Tanya's legs and mean that instead of being drowned by the wide-leg look, she actually stands tall. We paired them with a contrasting yellow top that has been tucked in to give the illusion that Tanya's legs are longer. The V-neck also helps to elongate her body.

Top, Dh160, Oasis Trousers, Dh149, H&M Heels, Dh125, New Look

"I would never have chosen these trousers in a million years but I feel so good in them. The lightweight fabric means they are great for this weather too!"







These paisley print trousers are the perfect length for Tanya's height; sitting just above the ankle on her lower calf, when paired with a bright heel they make her legs look longer. The bold print distracts from Tanya's thighs, which are one of her problem areas. As the fabric is very busy, it's best to wear these pants with a simple top – this plain tucked-in blouse emphasises Tanya's small waist, accentuating her hourglass shape.

Top, Dh635, Ted Baker Trousers, Dh115, New Look Heels, Dh665, Ted Baker

NOT SO GREAT

These high-waisted skinny trousers are so wrong for Tanya. The length makes her legs look shorter and the pleated detail below the waistband exaggerates her hips and thighs, making her body look wider than it is.



"It's amazing to find a pair of trousers that are the right length. I feel really comfortable and would definitely wear them with a bright pair of heels just like these"

Natalia Helueni, 41

Originally from Argentina, Natalia works as a sales manager and is mum to Sofia, five, and Gaia, three. She is a pear body shape, meaning her bottom half is often a bigger size than her top, so she finds it very difficult to buy trousers that fit well.

LOOKING GREAT!

While her hips are quite wide, Natalia's legs are very slim, meaning she can pull off a skinny trouser. The dark colour is flattering and, paired with a statement top and shoes, the attention is drawn away from her hips to other areas of her body.

Top, Dh350, Cos Trousers, Dh195, Zara Heels, Dh295, Zara Necklace, Dh290, Cos

"These trousers are not something I would have tried on for fear they were too skinny for me, so I'm pleasantly surprised by how great they look!"





LOOKING GREAT!

These pale pink, straight-leg trousers even out the curve of Natalia's hips, while the stretch material makes them much more forgiving. We paired them with a nipped-in jacket, which highlights Natalia's small waist. The super-high heels lengthen her legs and add a touch of glam.

Jacket, Dh360, Oasis Top, Dh195, Zara Trousers, Dh195, Zara Heels, Dh349, Miss Selfridge Necklace, Dh26, H&M

"I love the way this look has been put together. The trousers are really comfortable and a great colour"

> Stylist's assistant Amrita Divecha Hair and make-up by Beverley Higham, Lina Kaddoumi and Maricel Joseph at illumin8

Under 400 WITH GINGHA

THE FUN, FLIRTY COUSIN OF PLAID, THIS ALL-AMERICAN PRINT HAS A FEMININE FIFTIES VIBE THAT'S PERFECT FOR SEEING OUT THE SUMMER 2 COMPILED BY AMRITA D IVECHA. CATWALK PHOTOS BY

1 Trousers, Dh185, Zara 2 Shirt, Dh119, Bershka 3 Dress, Dh79, Forever 21 4 Skirt, Dh180, Iconic 5 Shoes, Dh150, Oasis 6 Scarf, Dh195, Banana Republic 7 Shorts, Dh149, Mango at sivvi.com 8 Bag, Dh115, New Look 9 Bikini, Dh250, Topshop at namshi.com



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GET YOUR SHIMMER ON

Achieve that lovely, low-key sparkle by using a cream eye pencil, lining your lid all the way from just above the lash line to the crease of your eye socket. Use your fingers, or a fluffy shadow brush, and blend it all over, but stop before the crease.

> Sephora Jumbo Shadow Colourful Liner in Gold, Dh61

you intensify FIND YOUR STAYING POWER a shimmery eyeshadow?

How do

Make-up artist to Lupita Nyong'o,

Nick Barose, recommends wetting

an eyeshadow brush to give it

that extra metallic oomph.

Just as you might set liquid foundation with powder, you can do the same on your eyes for a longer-lasting finish. Use a similar shade of gold eyeshadow to set the creamy pencil formula. Pat on the colour with a flat brush. Then,

to recreate the runway look, apply a brown eyeshadow in the crease of the eye socket with a fluffy brush, going along the crease in a windscreenwiper motion. Finish with a swipe of dark brown eyeliner along the bottom lash line and a slick of mascara.

Isadora Eve Shadow Palette in Mesmerize, Dh126. Lifestyle



SALE

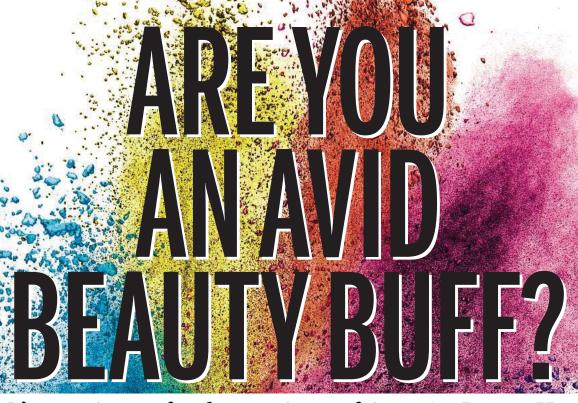
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BANISH BINGO WINGS

Dread wearing strappy tops because of flab on your upper arms? Slendertone's arms accessory promises to help you firm up without a dumb-bell in sight! EMS technology replicates armtoning exercises, to activate your triceps. Use five times a week for four weeks for a "guaranteed" improvement in upper arm definition. Dh350, www.slendertone.ae.

5 WAYS TO LOSE 5 KILOS

Slimkini, Dh259

Long Sleeve Rashguard, Dh160

EXPERT GEAR

If you're braving the pool or sea for exercise in the summer heat, make sure your skin is adequately protected with gear from the UPF 50 Coéga Sunwear range. Available at leading sportswear stores.



SUMMER RETREAT

Use the summer quiet for a mind, body and diet reset, leaving you prepped for health and weight loss in the autumn. Yoga instructor and nutritionist Suzanne Cork is hosting a weekend Summer Recharge Yoga Retreat at desert resort Bab Al Shams on August 6-8, for busy professionals who need to unplug their minds, recharge their bodies and reconnect with themselves. The retreat costs Dh2,300 and the price for the three days and two nights includes twice-daily yoga and meditation sessions, a workshop, superior twin accommodation and all brunches and dinners as well as access to the hotel's facilities and sports activities. See www.suzannecork.com or email hello@suzannecork.com

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TIME FOR YOUR STOMACH
TO FEEL FULL. GIVE YOUR
TOM A CHANCE TO RECOGNISE
TULLNESS BY CHOOSING FOODS
THAT TAKE EFFORT, SUCH AS
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EDAMAME BEANS, SHELLFISH
AND ORANGES IN THEIR SKINS.
AND DON'T FORGET,
CHEW SLOWLY!

TAL TRIES... Flowground

What is it?

Combining hula hooping, dance, and meditation through 'creative play', this fun, workout is designed to strengthen your core, increase your balance and stability, and bring out your inner child.

Tal's take on it

We started with a light warm-up (stretching, breathing, and movement), which helped loosen up my muscles and get me in the right state of mind. Then we began with simple exercises using the hula hoops (circular hip motions), forcing my abs, back, and core to stay strong and connected. After each interval, a new body movement was

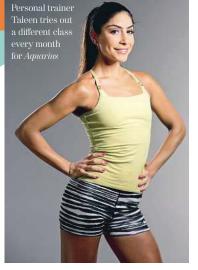
introduced, which kept both my upper and lower body challenged. By the end of class, I had completed a choreographed dance routine with a hula hoop – something I'd never done before!

The workout encourages self-expression through movement, incorporating meditation and a mind-body connection – while also burning 300 calories a session!

Need to know

Prices from Dh750 for six-week sessions, see www.flowground.com.

Taleen is a personal trainer and general health enthusiast. Follow her on Facebook (taleenfitness) for tips on training, toning, nutrition and burning fat.



TEXT BY CATHERINE HARPER. PHOTOS BY SHUTTERSTOCK

TEXT BY CATHERINE HARPER. PHOTOS BY SHUTTERSTOCK

HEALTHNews

WHAT'S NEW IN THE WORLD OF HEALTH, FITNESS AND NUTRITION

SKIN AYURVEDA

meric + Botanics

Radiance Replenishing

Anyone who's spent a summer in the Middle East knows it's not kind to the skin. Combat the harmful effects of heat, humidity and air conditioning with the new Urban Veda skincare range – purifying body wash, scrub and lotion to cleanse, detoxify and hydrate tired, stressed-out summer skin.

Formulated to Ayurvedic principles, the range contains antioxidant-rich botanicals, antibacterial neem oil and collagen-boosting extracts, with absolutely no GM ingredients, parabens, artificial colours or mineral oils. The full range is available from Holland & Barrett stores across the UAE, with prices starting at Dh75. www.urbanveda.co.uk



Fruit Infusions from Norwegian artesian water brand Voss. Featuring a range of ingredients known for their wellness benefits, from anti-ageing to dental health, the infusions come in a variety of flavours and can be delivered direct to your home or office. www.vosswater.ae











A LOVELY DELIVERY

There's a new addition to the healthy food delivery scene in Dubai and this one has the added benefit of being totally organic. Featuring a host of freshly grown produce sourced from local farms, the Love Food gourmet organic meal plan delivery service promises tasty, wholesome meals cooked from scratch with absolutely no preservatives. Dishes are also free from processed or GMO ingredients. refined sugars and additives. Choose from three different meal plans - Vitality, Lifestyle and Power - tailored to suit different needs. www.lovefoodme.com

VEGGIE DELIGHT

Vegan and struggling to find beauty products that fit your lifestyle choice? Check out the new range of hand and nail creams from Alessandro. Completely free from any animal products, the creams contain a host of quality natural ingredients such as shea butter and jojoba seed oil to hydrate and nourish the skin, as well as essentials such as antioxidants, nutrients and vitamins. Exclusively available from Enigma Beauty Group priced at Dh28 per tub. 04 328 4604



3 HEALTHY EATING APPS



The **Healthy In**A Hurry free app provides recipes and lists of ingredients so you can choose a meal, run round the supermarket and whip it up in no time. You can even store recipes and shopping lists, so you can access them offline too.



With My Family Meal Planner Light you can plan up to an entire year's meals with recipes and shopping lists. All meals are under 500 calories and come with full nutritional analysis, and there are options for special diets. Dh17.99.

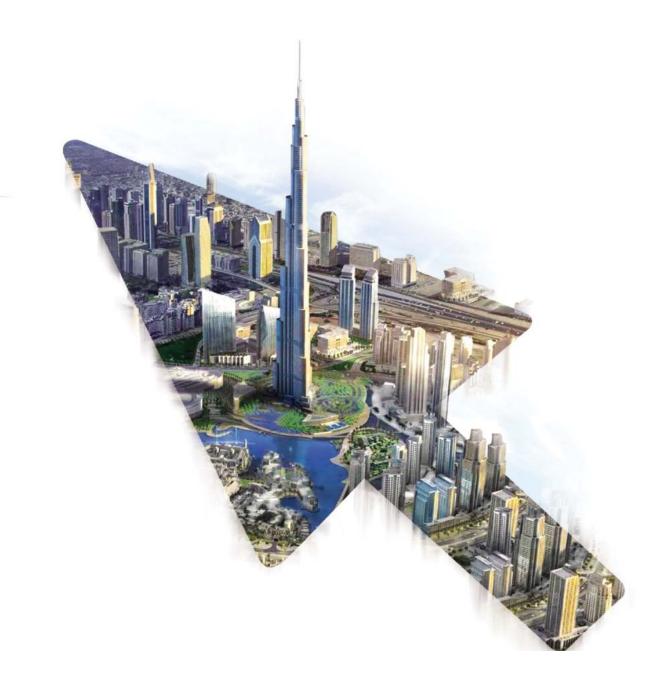


The **Su Chef** free app allows you to search thousands of recipes by ingredient, food allergy or diet and get a shopping list, taking into account what you already have in your cupboard. All recipes include dietary information.



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CANDLES NEED NEVER BE BORING

You'll need

- candle
- 250g long cinnamon sticks
- ruler and pencil
- hot glue gun
- scissors
- twine

Method

1 Measure the height of your candle,

and then mark the equivalent height on each cinnamon stick with the pencil.

2 Draw a vertical line of hot glue up the side of your first cinnamon stick, going as far as the pencil mark. Press the stick on to the candle and wait for it to dry. **3** Repeat the process with each cinnamon stick until you've covered the whole circumference of the candle.

4 For a rustic flourish, wrap the twine around the outside of the cinnamon circle three times and tie into a bow.

"Upgrade tea lights by placing them in a little dish of coffee beans for a cute display that adds a delicious natural aroma to your home"



Visit **www.aquarius.ae** for a quick how-to video on this cinnamon candle.



You'll need

- empty jar
- animal toy
- acrylic paint
- paint brush
- hot glue gun
- hairdryer

Method

1 Stick your chosen toy to the lid of your

empty jar using the hot glue gun.

2 Paint the lid and toy in your chosen colour. It may need three coats; waiting five minutes between each one is advised. You can use a hairdryer to speed up the process.

3 Fill with your kids' tiny treasures.



Visit **www.aquarius.ae** for a quick how-to video on this cute jar container.

GIVE THAT UNWANTED DECOR A CHANCE!



"Do you have unwanted old decor items? Spray-paint them in a block colour (we used matte black) for a modern update."



DOMINO COASTER You'll need

- thin cork board (available at Daiso)
- domino pieces
- hot glue gun
- scissors/scalpel

Method

1 Arrange the dominos on top of the board making a 2x4 grid.

2 Apply hot glue to stick the bottom of the dominos to the cork board.

3 Once the glue has dried, cut away the excess board.

MAP COASTER You'll need

- an old map
- ruler and pencil
- thin cork board
- scissors

- · adhesive spray
- hot glue gun
- clear acrylic spray paint (available at Ace)

Method

1 Measure two 9cmx9cm squares on the cork board and cut away. 2 Measure and cut one 12x12cm square from the map. Place it, reverse side up, on a table protected with old newspaper, then apply adhesive spray to the back. 3 Place the first board in the centre of the map. Make a cut from each corner of the map to meet the corner of the board at a

45-degree angle. Fold the sides of the map inwards as if you were wrapping a present, trimming off excess paper.

4 Apply hot glue to the back of the map and place it on top of the second cork board square, to be used as the base of the coaster.

7 Spray clear acrylic paint all over the coaster to protect it from moisture.

TIP

Try using Scrabble pieces instead of dominoes. AQ





Create your own bottle art

You'll need

• 1 glass bottle • 1 can of spray paint (we used meta llic gold) • paint marker pens • old newspaper • protective mask

Method

Step 1: Spread out the old newspaper to protect your work surface

Step 2: Clean the glass bottle, place it on the newspaper and, wearing the protective mask, spray it fully, keeping a distance of 20cm. Leave it to dry for one hour, and repeat if necessary. If you find it easier, you could lay it down, spray one

side, then, when that's dry, spray the other.

Step 3: When it's dry decorate the bottle with the markers, incorporating any patterns you like.



bizarre dreams. "Often the art world can be quite closed. I like the idea of bringing art to the street, so everyone can share it," she explains

"The last painting I did in Deira is like a distorted pyramid that represents society's hierarchy. It's about power and money, and how people sometimes don't respect each other... My paintings are very colourful. Sometimes I paint something that's not happy, but with the colours I hope that my art can bring hope, and maybe some beauty, to the lives of the people who interact with it." www.tarsilaschubert.blogspot.ae





The vibrant and colourful pieces created by British artist Susan are inspired by her admiration for strong, independent women. "I feel a strong connection to women; maybe it's a loyalty, or a sisterhood thing," she explains. "Sometimes the subject is an iconic image, such as Marilyn Monroe or Sophia Loren, but sometimes the subject will be anonymous."

The 43-year-old, who has lived in Dubai for nine years, started painting seriously just two years ago after her husband Dan discovered an old sketchbook of hers and

encouraged her to develop her skill.

Working as a trading assistant for an oil and gas company, Susan only paints over the weekends and evenings, when she is relaxed and happy. Having just finished her first solo exhibition Ladies in Paint, she says, "I'm inspired by all the entrepreneurial women in Dubai who start off doing things because they love it, and then their 'hobby' becomes a business. Those kinds of successes spur me on."



Create your own national flag oil painting

You'll need

• A canvas • charcoal • oil paints

Method

Step 1: Sketch out your chosen flag on to a canvas using charcoal.

Step 2: Add the colours with a thin





layer of oil paint. This layer will take about a day to dry.

Step 3: Now apply a second layer of the same colours but this time apply the paint thickly to give the work texture.

Step 4: Once you have applied the thicker layer, drag a darker shade of the same colour across areas of the painting to make it look old and more rustic. These thick layers of oil will probably take about seven to 10 days to dry, so be patient!

Create your own quirky spray paint art





paint in different colours, spanning dark to light

Method

Step 1: Start by finding an interesting object in your house. Choose something small, preferably with a pleasing silhouette, and something you don't mind caking in paint.

Step 2: Place the object on a piece of A3 cardboard and spray over it with a dark coloured spray paint.

Step 3: Move the object over and spray again. Repeat several times in any pattern of your choice.

Step 4: Change spray-can colour and repeat steps two and three and continue with as many colours as you want, working from dark to light.

Step 5: Once you're comfortable with this you may want to use different objects in the same piece or different surfaces, such as wood or canvas.

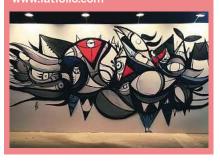


Canadian Fathima has been a pieces cropping up across the city in restaurants and street-art nights.

While working at Ductac as the gallery and project manager, Manal Young Artist Award in 2010, she quit her job and set up her own artistic platform, Domino, at just 27. "I felt like we should be supporting local talent, building something we can export, not just always import. So Domino is a channel to create opportunities for emerging artists

She often depicts society through abstract images, often using birds to represent emotions. "I use a lot of black, I like to find beauty in the darkness. I love Inuit native Canadian art, and I the way I use lines is influenced by calligraphy.

"I don't think my work is obvious straight away, people can





Create your own abstract spray portrait

You'll need

•1 canvas • 5 cans of spray paint (four that complement each other and one that clashes) • An A3 portrait printout • An A3 piece of card •masking tape • scalpel

1 Take a portrait picture you like, blow it up to A3, print it and stick it on to the card. Make sure the image has lots of white space around it.

2 Make a stencil by cutting out all the

dark spaces with a scalpel, but leaving bridges to keep all the white parts together so the stencil is intact.

- 3 Spray part of your canvas in any colour you like, leave to dry and then place strips of masking tape across the canvas to create any pattern you like. Paint again and again, alternating all but the clashing colour and allowing the canvas to dry in between.
- 4 When the whole canvas is covered, place your stencil in the middle and spray with the clashing colour.





NADDY BUTCHER

This bubbly and energetic 32-year-old hails from Birmingham in the UK, and originally studied fine art, before getting into advertising, and finally finding her niche in Dubai in

a lot of technical painting, but it was very separate from normal people, and that's why I got into street art, as it's about making an idea as communicative as possible."

artist describes her style as 'colourful, linear and very to the point. I want instant impact, which I think is the same as my personality; people either love me or hate me,

and it's the same with my art."

Dubai certainly seems to be on the 'love' side, with Maddy's expressive art having been exhibited at the World Art Dubai show and Middle East Film & Comic Con, as well as being commissioned for various trendy hangouts.

Maddy's love for music has nowhere is this more powerfully felt than at Media One's Deck on 8 Rooftop bar, where her 'Wall of Fame'

- with massive portraits of dance
music legends such as Daft Punk –
snakes around behind the bar.

"A lot of my portraits are
people who I genuinely love,

it's got to be instantly fun. I don't want to do bland.

Maddy has big hopes for the future of Dubai's art scene, "There's a real energy right now. Dubai is a melting pot and with such a varied audience it's less about finding your hipster niche, and more about communicating across boundaries, which is really cool."

www.maddybutcher.squarespace.



FRESH 2008

Give your home a breath of sea air with breezy and rustic beach-house-inspired style











DRINK UP

Playfully mark out a hydration station by grouping a selection of enamel cups close to your water cooler or water jug to keep the family refreshed on scorching-hot days.

ON A PEDESTAL
Bring together items in shades of the sea and summer skies, and display them on rustic wooden crates. A stack of plates, a milk jug, polystyrene balls covered with glue and rolled in shells and sand, and a king protea plant all create a serene scene.



TASTE OF THE EXOTIC

Owner of accessories boutique Boom & Mellow, Sima Barazi Haroun's Al Barsha villa exudes comfortable elegance, combining chic pieces with collectables from her travels



I THINK WE'VE FOUND A BALANCE BETWEEN ELEGANT AND RELAXED IN OUR HOME.

With three kids – Leela, four, Ramzi, nine, and Karam, 13 – plus our papillon dog Max, our house has to be a casual space that we can all feel comfortable in and enjoy to the fullest.

I would describe my interiors approach as eclectic – there's a mixture of different styles at play in my house. If I like something, even if it's not exactly the same theme as the rest, I'll somehow make it work.

I have been curating my art collection for the past 18 years. We've been in this villa for five years now and I am always adding and getting new things for the house. I definitely like change!

I love finding something special in unexpected places. When I travel, I love to walk around and discover markets and hidden shops full of secret treasures.

One interior designer I really admire is Kelly Hoppen. She is known for her East-meets-West fusion – combining clean lines and warm textures with





1 "The mother-of-pearl chest from Syria adds an oriental element to the room. It also reminds me of my country and the beautiful work that is produced there." 2 "I love this photograph *Drowning in Dreams* by Lebanese photographer Lara Zankoul. It was a 40th birthday gift from some of my girlfriends; they knew how much I loved it!"





"My style is eclectic.
If I like something,
even if it's not exactly
the same theme as
the rest, I'll somehow
make it work"















3 "I bought some sculptures by Syrian sculptor Mustafa Ali with my first pay cheque 18 years ago. My favourite is the woman sitting on the couch." 4 "I bought the three light boxes with Al Hayat, Al Amal and Al Saada life, hope and happiness in Arabic - on them in Beirut last year. I love what they say and the way they light up." **5** "The first birthday present my husband gave me in our first year of marriage was this iron candle cage by an Iranian artist. When it's full of candles at night, the light shining through creates a stunning effect - it's like a little shrine.'

neutral tones – to create a luxurious interior. I think you can see her influence in the design of my interiors.

When it comes to furniture, my favourite brand is Flexform. This Italian manufacturer creates timeless pieces that combine modernity with tradition in an elegant, understated fashion.

In Dubai, I buy my bigger pieces of furniture from Baituti and Aati, but for smaller pieces, the world is my furniture store! I love to explore and buy that perfect piece from different places around the world.

I get inspiration from a lot of different places. Interior magazines like *Elle Decor* and *Architectural Digest*, as well as my go-to interiors app, Houzz, are great for discovering new ideas.

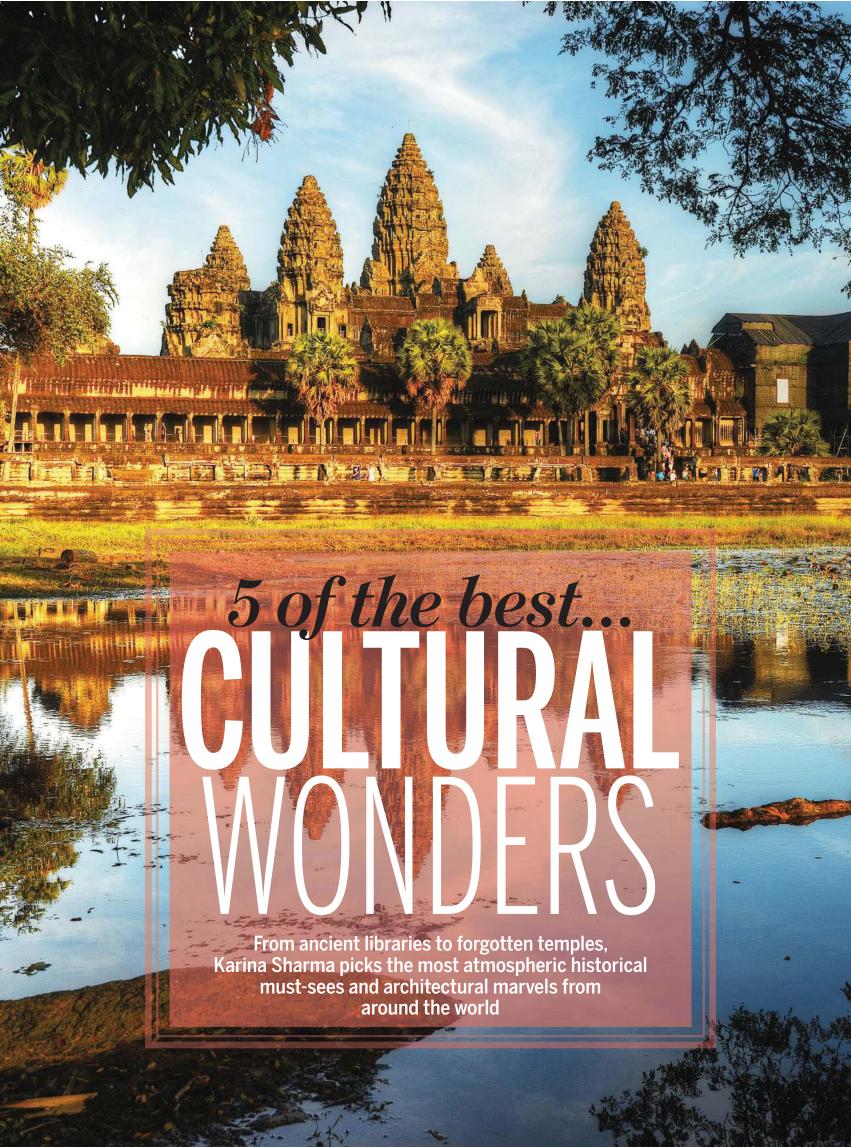
My favourite room in the house is the living room. With all the light shining through, it becomes such a bright and warm space. It's also the room I keep all my favourite art pieces in.

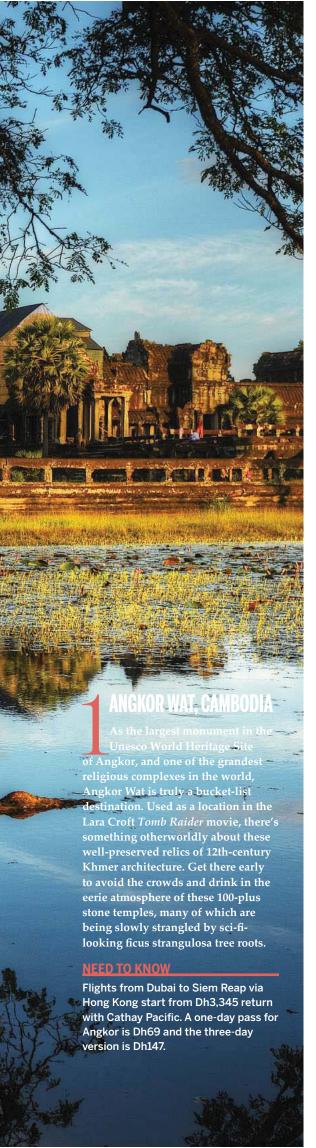
The only thing I can't live without is my family. Even though I love my home and all the pieces in it are very special to me, at the end of the day, they are just objects that I can learn to live without.

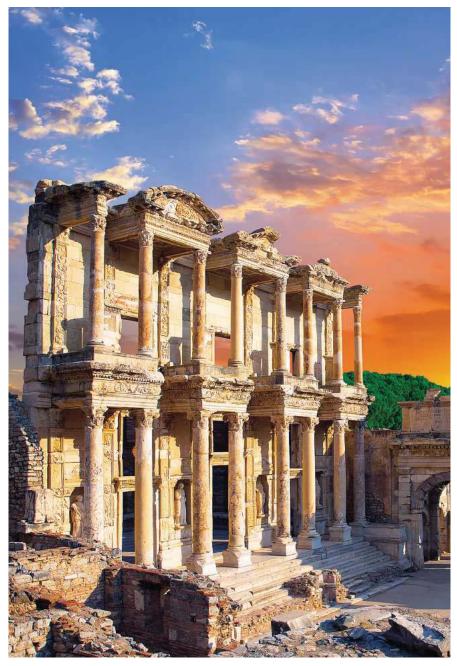
I'm always looking for ways to change and enhance my home. I would love to customise a huge walk-in closet to house all my Boom & Mellow accessories, clothes and shoes! AQ











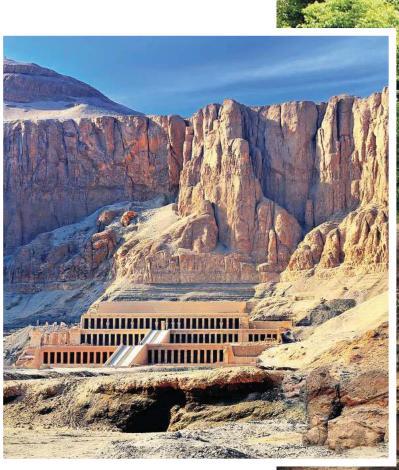
LIBRARY OF CELSUS, TURKEY

Built in AD 117 to commemorate the early second-century governor of Asia Minor, Celsus, this library is one of the few Roman ruins found outside Italy. As well as being a marvel of history, it's an architectural curiosity; the convex facade and fluctuation in column widths (which are larger in the middle than at the end) create an optical illusion to make the building appear even larger than it is. Underneath the main hall is the sarcophagus of the library's namesake, while at the main entrance

stand the virtues of Celsus – four statues symbolising wisdom, knowledge, intelligence and valour. Situated within the ruins of Ephesus – an ancient Greek city 3km south-west of present-day Selçuk in Izmir, Turkey – this is an awe-inspiring sight for culture vultures.

NEED TO KNOW

Flights from Dubai to Izmir with Turkish Airlines from Dh1,153 return.
Tours of Izmir through Otti Travel from Dh217 per person, with 2.5 hour drive to and from Ephesus and 1.5 hour guided walking tour. www.ottitravel.com/7/info/private-tours.htm



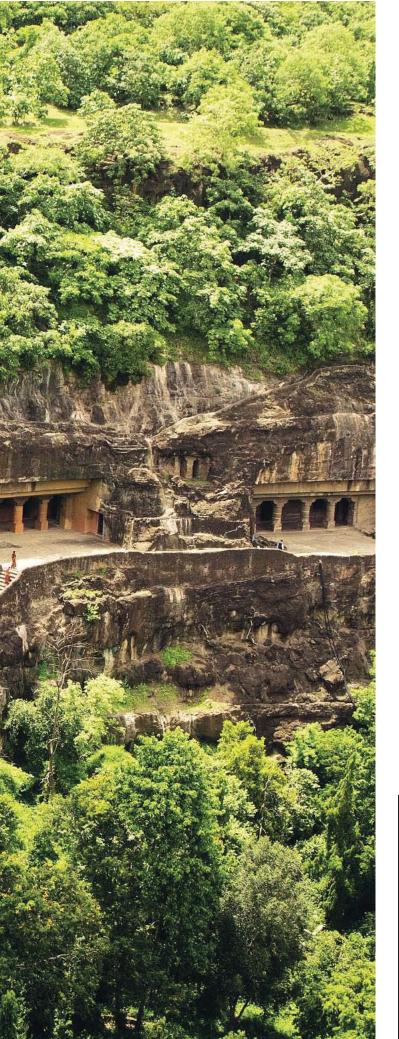
VALLEY OF KINGS, EGYPT The Valley of Kings just west of the Nile River is captivating. Although the pyramids are the burial site of the Old Kingdom's pharaohs, the New Kingdom pharaohs are buried in the hills of Luxor. Divided into the East and West Valley, 63 elaborate tombs of Egyptian kings and elites have been discovered, including King Tut's, but archeologists speculate that there might be even more hidden in the valley. The tombs were ornately decorated with religious images and texts and filled with goods that were to aid the deceased's journey into the afterlife. Although some were ransacked by treasure hunters, many are still preserved. Be prepared for the desert heat but make sure you stay for the sunset view!

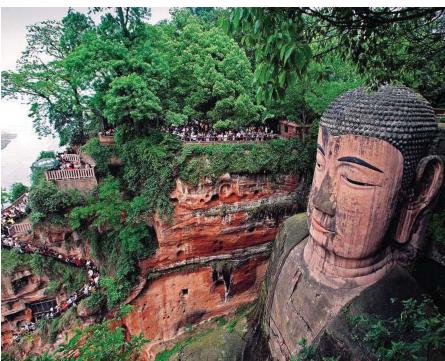
NEED TO KNOW

Return flights from Dubai to Luxor from Dh3,475 with Egyptair. Stay at the Sofitel Pavilion Winter Luxor from Dh296 per night.

AJANTA CAVES, INDIA stumbled on them during a hunting and sculptures inside the caves are Mahal as the top cultural site said to mark the beginning of classical to visit in India, but south-west of this Indian art. Explore this amazing site to tourist hotspot in Agra, about 105km **NEED TO KNOW** 30 rock-cut Buddhist cave monuments were obscured by jungle until the with Air India

travel





LESHAN GIANT BUDDHA, CHINA

China has the world's tallest stone buddha. At a towering 71m, a width of 28m, and with 5.5m-long eyebrows, the Leshan Giant Buddha lives up to its name. Carved into the cliffs of Mount Emei, this statue is one of Buddhism's holiest sites. Its creation was originally led by a monk in order to calm the choppy surrounding rivers, and its purpose was met when the rocks falling during construction slowed the currents. How they built this almost 1,200 years ago

is a mystery, but get the ultimate workout of the year by climbing the hundreds of steps to the top. Sitting on the buddha's smallest toenail is the perfect photo opportunity, but be prepared for the ultimate photography test: trying to fit the entire statue into your photo!

NEED TO KNOW

Flights to from Dubai to Chengdu via Bangkok with Thai Airways from Dh2,395 return. A two-day Viator tour of the Giant Buddha and surrounding area, with a night at a nearby monastery, from Dh1,304.

TRAVEL NEWS

GCC RESIDENT DISCOUNT IN THE MAI DIVES

GCC residents and nationals booking a stay at the boutique resort Baros Maldives will receive a 25 per cent discount. With a variety of water villas on offer and pristine sandy beaches, see www.baros.com to find out more.

STAYCATION OFFER AT GROSVENOR HOUSE

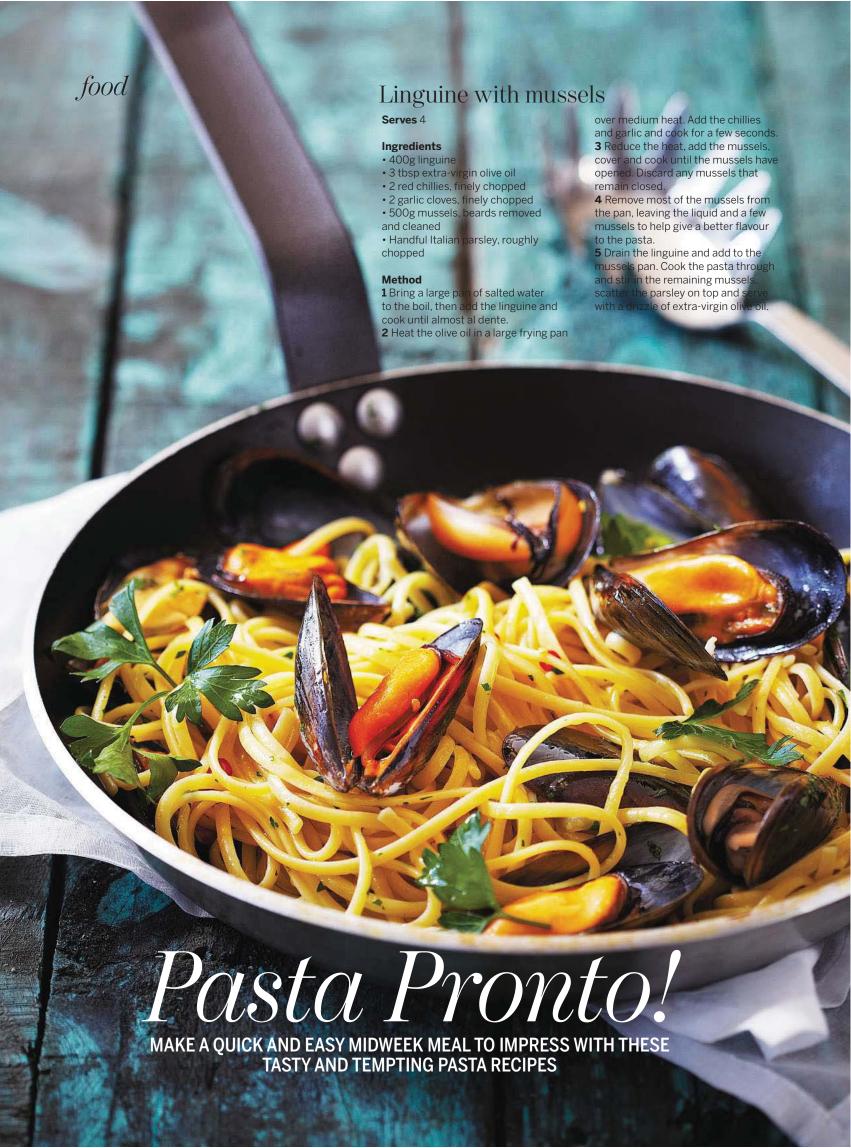
For those of us staying in the UAE over the summer, Grosvenor House has an impressive weekend package on offer, including one night's stay, beach and pool access, and brunch at either Toro Toro or Sloane's for Dh600 per person. Valid until September 12. www.grosvenorhouse-dubai.com



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PHOTOS BY CORBIS/GETTY/SHUTTERSTOCK





Spaghetti with aubergine, baby marrows and ricotta cheese

Makes 4

Ingredients

- 250ml sunflower oil
- 3 aubergines, thinly sliced
- 2 tbsp olive oil
- 3 tbsp extra-virgin olive oil, extra as needed
- 400g courgettes, sliced
- 2 red chillies, finely chopped
- 2 garlic cloves, finely chopped
- 2 x 400g cans whole peeled tomatoes, crushed
- Handful basil leaves
- 150g Pecorino Romano, grated
- 200g ricotta
- 400g spaghetti

Method

- 1 Heat the sunflower oil in a large pan and deep-fry the aubergines until browned. Drain on paper towel and pat dry.
- **2** Heat the olive oil in a pan and cook the courgettes, covered, over low heat. Remove and set aside.
- **3** If necessary, add 1 tbsp of olive oil to the same pan and gently fry the chilli and garlic for a few seconds, then add the tomatoes. Simmer for 10 minutes, covered, over low heat. Stir in the sautéed marrows and fried aubergines and cook for another 5 minutes. Add the basil and simmer for a further 3 minutes. Turn off the heat and stir in the grated cheese and half of the ricotta, mixing vigorously until combined.
- **4** Cook the spaghetti in boiling water until al dente. Mix the pasta with the sauce, adding a splash of the pasta cooking water to loosen, if necessary. Season to taste and sprinkle the remaining ricotta over the top and finish with a drizzle of extra-virgin olive oil.



Pasta Al Forno

Serves 4

Ingredients

- 2 tbsp olive oil
- 1 onion, finely chopped
- · 2 celery stalks, finely chopped
- 1 large carrot, finely chopped

- 400g beef mince
- 1 x 680g bottle tomato passata
- 400g rigatoni

For the Béchamel sauce:

- 50g butter
- 50g flour
- 500ml milk
- 200g Parmigiano Reggiano, grated

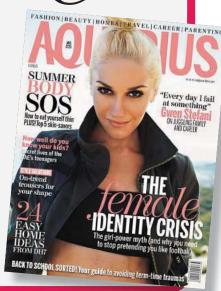
Method

- **1** Preheat the oven to 190°C and grease an ovenproof dish.
- **2** Heat the olive oil in a large pan over medium heat. Add the onion, celery and carrot and cook until soft.
- **3** Add the beef mince and sauté until the meat is browned. Add the tomato passata, then reduce the heat and simmer for at least 1 hour.
- **4** Cook the rigatoni in boiling water until al dente. Drain and set aside.
- **5** Make your sauce by melting the butter over medium heat, then adding the flour and stirring to combine. Gradually add the milk and, stirring with a whisk to avoid lumps, simmer until bubbling and thick.
- **6** Combine the cooked rigatoni with the beef, sauce and cheese. Season to taste then pour the mixture into the dish and bake for 45 minutes.



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Does the odd lie really matter that much? IMAGINE A DAY WHERE WE'RE COMPELLED TO TELL THE TRUTH ALL THE TIME...

FAKERS GONNA FAKE, FAKE, FAKE, FAKE, FAKE, FAKE, TRILLS TAYLOR SWIFT IN HER HIT SONG SHAKE IT OFF. Being false has always been anathema to youth culture. Teens are at that tricky stage when the wool has suddenly been pulled from their eyes – the world turns out to be a dark and difficult place, where parents are no longer perfect and a fat man on a sleigh doesn't deliver presents after all. The constant references to despised but ubiquitous 'phonies' in Salinger's iconic text of teen culture, The Catcher in the Rye, sum it up.

But what if the opposite were true – what if for even just a day, everyone told the truth the whole time? Imagine the fall out... "To be honest, that dress

doesn't make you look fat – your fat makes you look fat." Or ,"Oh, you're doing drop-off today; I was hoping I wouldn't run into you." Or, even more horrifically, "No, sweetheart, I don't want to hear you read for the 20th time this week. In fact, I can think of nothing worse."

And what about social media? Can you imagine the Facebook posts? See yet another humblebragging status update and watch, fascinated – in much the same way as a car smash fascinates the human mind – as the brutally honest posts roll in.

"Your status updates drive me mad, I don't care that your six-month-old ate a stem of organic broccoli!". Or, "Yes, you're at the hospital... For heaven's sake, just spit it out and suck up the sympathy – we all know that's why you posted". It's safe to say a fair few friendships would fall by the wayside before even an hour of the 24 was up.

Sure, the truth is important. We build friendships and relationships based on trust, and where's the trust if we're not being honest with one another? But let's look a little deeper.

Right from when we're small, fibs and falsehoods creep into our lives. As guileless toddlers, we're encouraged not to say exactly what we think about Auntie Ellen's funny nose, and not to mention that we already have a better version of Uncle Jim's birthday present at home. Then there's the tooth fairy, the Easter bunny, even the Bogeyman... We use such falsehoods to bribe our children, to teach them, to gently ease them into the world we live in as adults.

And as we grow up, we pepper our lives with little white lies to smooth our days. "The dog ate my homework!" develops into, "I'm stuck in traffic..." and, "Sorry, I already have plans on Saturday night." By the time we're adults, we'll probably have lied

a hundred million times over.

But the key is to look at why we've lied; is it to benefit ourselves? Chances are it's not; we'll all be able to recall a time when we told a friend her new – irreversible – hairdo was a nice change, or when we promised our mums we were safely tucked up in bed last night. We know our friend doesn't need to be reminded her hair was nicer before, and our mums don't need anything else to worry about.

Life without some lies would be tough and we'd all have to grow leather-thick skins to cope. Think of them as the grease that smoothes the creaking cogs of life. But also, think of the power of truth and the responsibility that goes with that power. As we've said, we reckon all hell would break loose if we let rip with the truth unhindered.

But the teenage passion for authenticity and polarity has definitely got one thing right. True 'fakers' are the ones lying to themselves, as well as to other people. Perhaps learning the right time and way to lie is all a part of growing up. NO

"WE KNOW OUR FRIEND DOESN'T NEED TO BE REMINDED HER HAIR WAS NICER BEFORE, AND OUR MUMS DON'T NEED ANYTHING ELSE TO WORRY ABOUT."



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